

Agawam Advertiser-News

60¢

Volume XXI Number 3

"Your Hometown Newspaper"

January 22, 1998

New Elementary Classrooms Getting Ready To Open

by Kathy Cassanelli
News Editor

During next month's school vacation, two of the four elementary school additions under construction should be ready for occupancy and the remaining two additions are expected to be ready in time to move classroom equipment and supplies in over the spring vacation in April.

At the High School, about half of the classrooms in the addition will be ready for use when the students return from the February vacation.

School Superintendent Frank Ameruso declared himself pleased and excited about the progress to date on the five construction projects. "We're so advanced on the timeline that we can start moving kids into the additions at Robinson and Phelps next month," Ameruso said.

The end-of-the-year construction status report indicates the additions at Robinson Park and Phelps Schools will be turned over to the School Department in February. At Granger and Clark Schools, the turnover is expected in April.

However, the space designated for library/media centers in the elementary school additions will not be used for that purpose until

September.

According to School Committee Chairman (Mayor) Christopher C. Johnson, renovations within the existing school buildings make it necessary to use the library/media space for classrooms. In some cases, classrooms will move temporarily into the library space on a rotating basis while renovations continue.

"We're gaining space in the additions, but we're losing space inside the buildings due to the renovations," Johnson said.

At the High School, eight of the 18 classrooms in the addition will serve as a temporary home to the classrooms currently housed in the wing of the school slated for window wall replacement, Johnson said.

Running On Time and On Budget

To date, the \$19.6 million project has been running on time and on budget, primarily because the contractors have been focusing on the additions rather than the renovations to the existing buildings. "The renovations are more susceptible

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School Committee To Consider New Admin. Position

by Kathy Cassanelli
News Editor

When they meet next Tuesday night, January 27th, the School Committee will consider creating a new administrative position to handle responsibilities resulting from Education Reform that do not fall under current administrative job descriptions.

The meeting will begin at 8:00 p.m. in the Middle School auditorium after a workshop session called to discuss the administration's plans to overhaul pupil personnel services. The workshop will begin at 6:45 p.m. Both meetings are open to the public and both will be televised on the cable access channel.

School Superintendent Frank Ameruso is recommending the creation of the position of Assistant Superintendent for Educational Services at a salary of \$71,335 and a car allowance of \$3,600 per year. The position will encompass the duties of the position of director of Curriculum

SEE NEW POSITION - Page 2...

"Smiling Servers" At Agawam Baptist Church...



ALL SMILES AT THE ham and bean supper at Agawam Baptist Church, held on Saturday, January 10th (from left to right): Warren Nowill, Norman Roberts, Lynda DallaPegorara, and Ethel Hutchinson.

Advertiser News photos by Jack Dvaine.

NEW POSITION - from Page 1...

and Instruction as well as new responsibilities for directing and supervising professional development; supervising transitional bilingual education, and pupil personnel service; and taking on additional educational services not identified in a particular administrative position.

More Information Needed

School Committee Chairman (Mayor) Christopher C. Johnson said the idea is to convert the current position of director of Curriculum and Instruction into assistant superintendent by expanding the duties beyond curriculum and instruction. Johnson said he supported the concept, but he said he needed more information before he could support the position as proposed.

"I want to see how pupil personnel services fits into this," Johnson said. "This would bring pupil personnel services (guidance and counseling services) under one administrator. In the past, the guidance coordinator had the responsibility for Junior High and High School guidance counselors, but no one was in overall charge of all the counseling services, including guidance, school psychologists, and home school adjustment counselors."

Ameruso said he will not comment on recommending a candidate for the job until the School Committee approves the new position. However, Ameruso did say director of Curriculum & Instruction Mary Czajkowski is more than qualified

for the position.

"Even if Mary was not here, we'd still need this position," Ameruso said. "If the committee doesn't approve the position, I may have to find part-time people to do it."

Ameruso said if the new position is approved, it will be up to the School Committee's discretion whether or not to post the job and solicit applications. While the School Committee has the authority to appoint an assistant superintendent, they cannot do so without the recommendation of the superintendent under Ed Reform, Ameruso said.

Position Need Not Be Posted

A legal opinion obtained from School Department Attorney John Teahan advised that the committee may use its discretion in posting the job, although an assistant superintendent position need not be posted under Mass. General Laws.

Teahan's opinion also states that under School Committee policy, a new assistant superintendent position need not be posted. Teahan describes the creation of the new position as a "transfer" of director of Curriculum & Instruction to assistant superintendent for Educational Services.

Ameruso said the salary for the proposed new position fits between the associate superintendent and the High School principal.

In addition to a car allowance of \$3,600 per year, the superintendent and associate superintendent earn \$86,000 and \$75,000, respectively. The High School principal earns \$67,000.

Agawam School Committee To Meet Tuesday, Jan. 27th

The Agawam School Committee will hold a meeting on Tuesday, January 27th in the Agawam Middle School Auditorium, 68 Main Street, at 8:00 p.m.

Old Business to be discussed: SCR-98-12 - Approval of Position of Assistant Superintendent of Educational Services.

Remember, our deadline is each Tuesday at 12 noon; however, we appreciate any articles that can be brought in on Mondays.

Senator Melconian Welcomes New Intern At District Office

Massachusetts State Senator Linda J. Melconian, the Assistant Majority Leader, would like to announce that she has welcomed a new January intern, Janice L. Sargent, to her District Office.

Janice, the daughter of William and Rita Sargent of Corinna, Maine, is a junior at Mount Holyoke College. During January, she will have the opportunity to work with constituents, research a speech, perform various office duties, learn professional office protocol, and observe the staff.

Janice found the internship through the January Internship Program at Mount Holyoke College, which is sponsored by the Career Development Center. The January Internship Program sponsors interns in various areas of the working world for three weeks. Students either find one through the Career Development Center or develop an internship of their own.

In order to apply for the internships that are developed through the Career Development Center, students look through a list of organizations that have agreed to sponsor an intern and then must hand in an application, resume, cover letter, and usually experience an interview with their prospective employers.

The goal of the January Internship Program is to simulate an actual job search and familiarize students with the job searching process. The program also helps students determine what they want to do after graduation and helps to train them how to perform outside of the classroom.

Janice is majoring in politics and sociology. During the 1997-1998 academic year, she is a member of the College Democrats, the Law Society, and is also president of Bellatrix, the science fiction and fantasy appreciation organization of Mount Holyoke College. After graduating from Mount Holyoke, Janice hopes to attend graduate school.

"I'm very excited to be working in the Senator's office," explained Janice. "I've been interested in politics since I can remember and this is a great opportunity for me to explore a possible career in public service while receiving valuable hands-on experience. This internship is a great opportunity for me to explore my interests and gain a better understanding of what it is like to be an elected official."

CONSTRUCTION - from Page 1...

to delays and problems because you don't know what's inside until the work begins," Johnson said.

Ameruso said there has been no disruptive effect on the educational process during the ongoing construction work. But, when the interior renovation work begins, Ameruso expects the work will be somewhat noisier than the students have had to deal with so far.

"There will be a little more noise than we've experienced, but most of the demolition work will be done over school vacations," Ameruso said. "The contractors have been so cooperative and aware of our needs. I'm sure they're going to minimize any impact or disruption as they have been doing."

ADVERTISER NEWS

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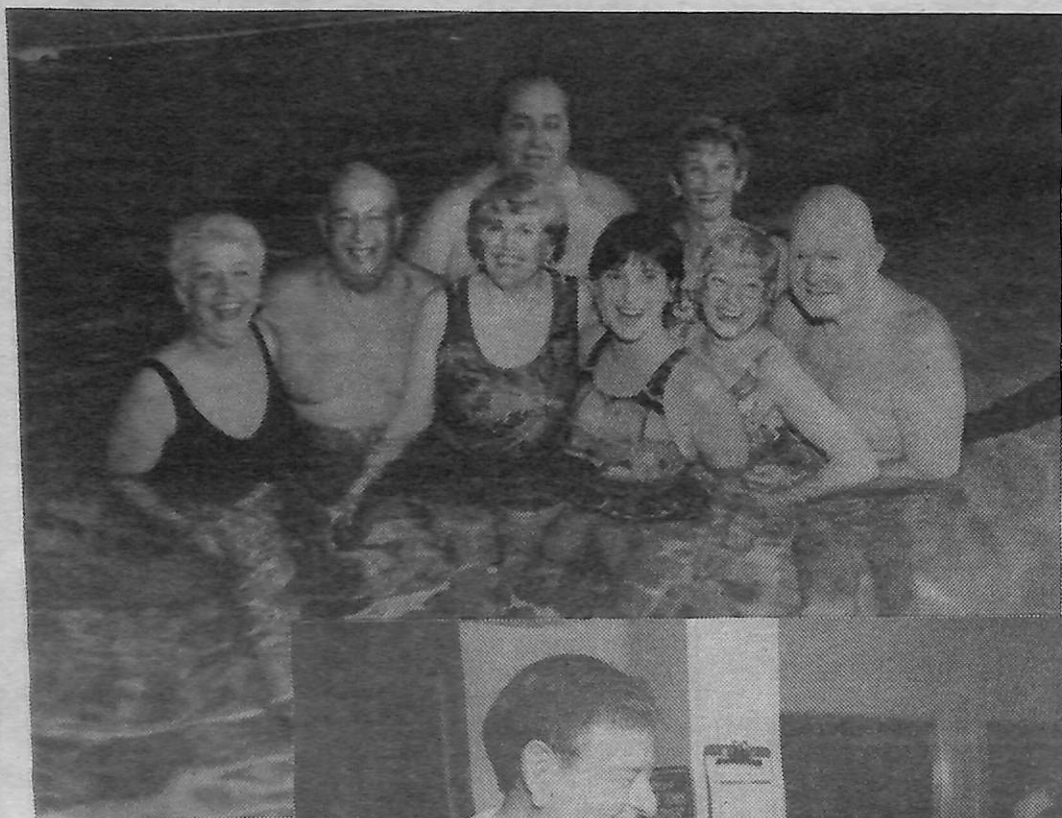
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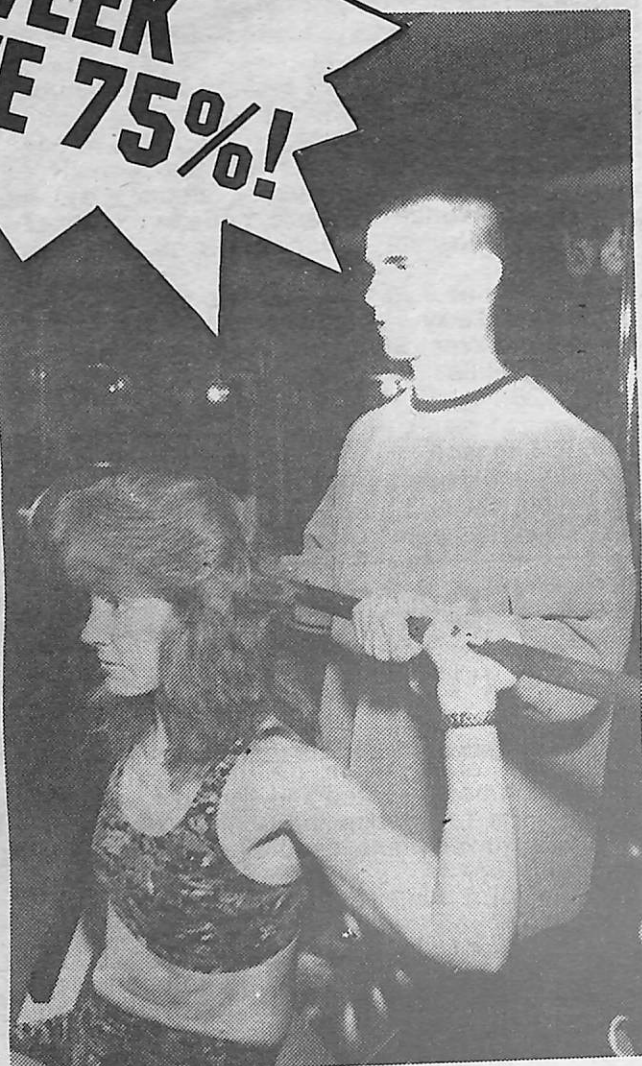
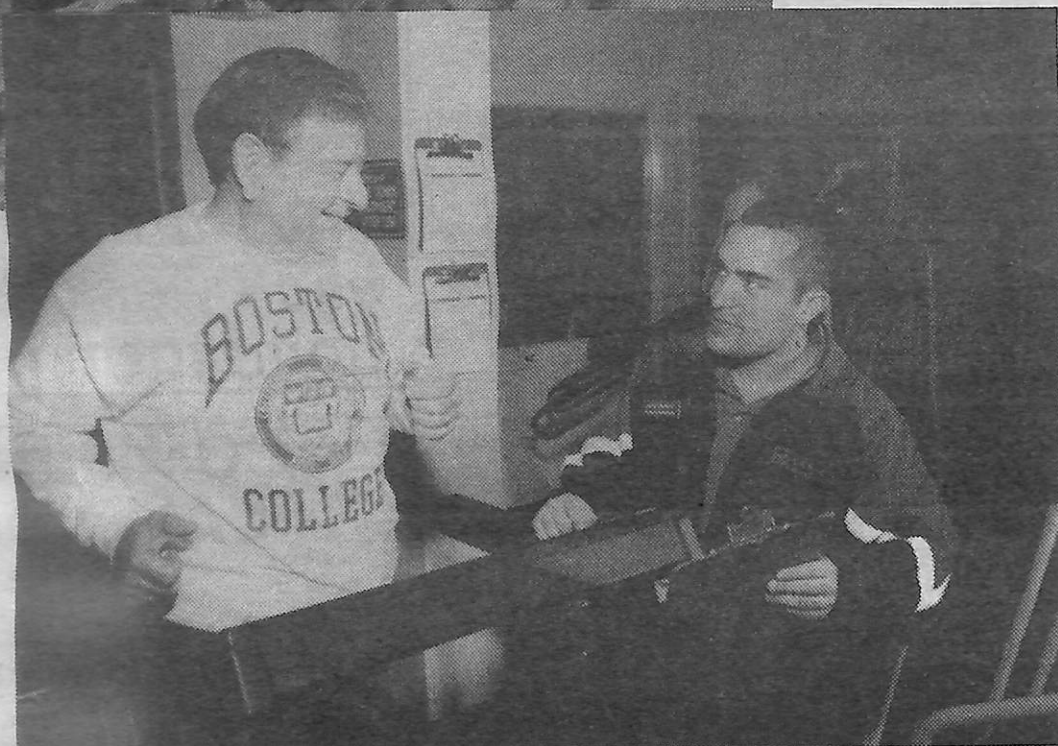
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1998 City Council Members

Donald M. Rheault, President
536 Mill Street
Feeding Hills
786-4043

Robert A. Magovern, Vice-President
144 Birch Hill Road
Agawam
789-0171

George Bitzas
33 Fernwood Drive
Agawam
789-1464

Edward A. Caba
198 Walnut Street
Agawam
786-2479

Gary F. Geiger
33 Zachary Lane
Agawam
789-6756

Gina M. Letellier
150 Maple Street
Agawam
786-4723

John J. Negrucci
35 Hayes Avenue
Feeding Hills
789-2887

Dennis J. Perry
466 North West Street
Feeding Hills
786-1238

Jill P. Simpson
24 Pleasant Valley Road
Feeding Hills
786-0053

Nancy E. Thompson
19A Mansion Woods Drive
Agawam
786-0586

Robert M. Young
216 South Westfield Street
Feeding Hills
786-8995

1998 School Committee Members

Christopher C. Johnson, Chairman
88 Morningside Circle
Feeding Hills
786-6297

Linda Galarneau, Vice Chairwoman
24 Sycamore Terrace
Agawam
789-2323

Roberta Doering, Secretary
915 River Road
Agawam
786-2323

Teresa Kozloski
102 Meadow Street
Agawam
786-6934

Louis Massoia, Jr.
6 Sequoia Drive
Feeding Hills
786-5785

Susan Pettazoni
116 Granger Drive
Feeding Hill
786-9699

Rosemary Sandlin
90 Granger Drive
Feeding Hills
786-3256

Agawam Police Dept. Arrest Blotter For January 12th-18th

On January 12, 1998, **Todd L. Levesque** of 12 Rowley St., Agawam was arrested and charged with two counts destruction of property over \$250.00, two counts breaking & entering in the nighttime with intent to commit a felony, and larceny from a building. Arresting officer was Det. Gary O'Brien.

On January 16, 1998, **Celina P. Upham** of 23 Suffolk St., Agawam was arrested and charged with breaking & entering in the nighttime with intent to commit a felony and larceny over \$250.00. Arresting Officer was Gary O'Brien.

On January 16, 1998, **Marc A. Perillo** of 36 Central St., Agawam was arrested and charged with driving while under the influence of alcohol, failure to stop for a police officer, driving an unregistered, uninsured M.V., leaving the scene of a personal injury accident, driving after license revocation, reckless operation of a M.V., and failure to stay in the right lane. Arresting officer was Peter Bertera.

On January 17, 1998, **Jeffrey C. Sexton, Jr.** of 33 Oriole Dr., Feeding Hills was arrested and charged with driving while under the influence of alcohol, and failure to keep to the right. Arresting officer was Michael Santore.

On January 18, 1998, **Barry S. Belcher** of 189 Springfield St., Agawam was arrested and charged with driving while under the influence of alcohol 2nd offense, driving after license revocation, speeding, and failure to stay within marked lines. Arresting officer was Anthony Chicetti.

On January 18, 1998, **Francis L. Laplante** of 46 Cecile St., Agawam was arrested and charged with domestic assault & battery. Arresting officer was Richard Riccio.

On January 18, 1998, **Robert J. Jones** of 115 Sanderson St., Springfield was arrested and charged with an outstanding warrant. Arresting officer was Ronald Brown.

*You turn our pages
each week for all the
hometown news...*

CCBA To Continue Its Effort To Oppose Construction Of Berkshire Power Plant

Recently at the Concerned Citizens and Businesses of Agawam (CCBA) meeting, the group unanimously voted and agreed to continue in its efforts to oppose the construction of the Berkshire Power plant, according to spokesperson Karl Stieg.

"The CCBA will continue in its roll as Agawam's guardian to protect and preserve Agawam's zoning by-laws and to speak out on all issues pertaining to the health, welfare, and safety of the public and on all other matters concerning the rights of our citizens," said Stieg.

"The actions of some of our present and past elected officials have, without any doubt, demonstrated and underscored the mistrust that prevails in our community towards these elected officials and highlights the need for private citizens to keep a watchful eye over their actions as they don't always act in the best interest of the people that elected them," he said. "A majority of the town's people don't agree with their actions."

"To this day," Stieg continued, "citizens of Agawam are still being sued by Berkshire Power Development Inc., frivolous, capricious, and unfounded SLAPP lawsuit for speaking out against the proposed power plant."

"The CCBA will continue to speak out on the issues and will be available to help other communities that may seek our help and benefit from our experience in the matters of sighting power plants in their backyards," said Stieg.

"The CCBA feels that we have enough documented information to write a book on how power plant developers will promise you everything and give you nothing, how they manipulate politicians and lawmakers to achieve their goals."

"We will let it be known how the power plant developers will file frivolous, capricious, and unfounded SLAPP lawsuits to intimidate, punish, and harass any citizens or groups who speak out and oppose their proposed projects and how negotiations with them are not carried out in good faith by them," contended Stieg.

"The CCBA will continue to have group meetings, fundraisers, and social events as many new friendships have been established over the past 3½ years. Newcomers are welcome to join in and express their views and concerns about town issues as this is their town as much as ours," Stieg concluded. "Remember, Berkshire Power hasn't bought all of Agawam yet."

COMMUNITY CALENDAR

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Monday, January 26th
Agawam/Feeding Hills AARP meeting
At Agawam Senior Center
1:00 p.m.

Monday, January 26th
Agawam Women's Club meeting
At Captain Leonard House, Main St., Agawam
7:30 p.m.

Monday, January 26th
Agawam Junior High PTO meeting
At Junior High School cafeteria
7:30 p.m.

Tuesday, January 27th
First membership dinner meeting for
West Spfld./Agawam Kiwanis Club
At Carmelina's on the Hill, Cooper St., Agawam
6:30 p.m.
Call 786-8961 for more information

Thursday, January 29th
Registration for The Children's Center preschool
(at Agawam Methodist Church)
7:00 p.m.
Call 789-2261 for further information

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THE AGAWAM ADVERTISER NEWS (U.S.P.S.-001-170) is published weekly for \$24.00 per year by PAG Publications, Inc., 14 Southwick Street, Feeding Hills, MA 01030-0263. Second class postage is paid at F.H., MA 01030 & at associated offices. Postmaster: Send address changes to The Agawam Advertiser News, P.O. Box 263, F.H., MA 01030-0263.

District Learning Team Outlines Strategy To Address Parents' Concerns In Survey

by Kathy Cassanelli
News Editor

In September, parents attending open houses at all Agawam schools were asked to fill out a survey indicating what they felt were the most pressing concerns facing the schools.

Last week, the District Learning Team (DLT) outlined its strategy for addressing the concerns expressed by the parents and for making recommendations to the proper decision-making authority. The DLT is a volunteer group of School Committee members, school administrators, teachers, and parents who have been meeting over the last two years to work toward a more collaborative and cooperative effort in the schools.

Class Size Number One Concern

Since receiving the results of the September survey, the DLT has focused its attention on class size, the number one concern among the 262 parental survey cards returned to the schools. Professional development and improved human relations and communication were the second and third most common concerns.

After reviewing the conclusions of its study on class size, the DLT agreed to gather information on local school districts' policies on class size as well as look into the law regarding class size in several states across the county before reporting and making recommendations to the School Committee. The group agreed to submit a written report and make a presentation at a School Committee meeting.

School Superintendent Frank Ameruso offered the DLT the use of his office staff for the word-processing chores in preparing a written report for the School Committee in advance of the DLT's presentation.

Early Childhood program Teresa Urbinati reported on the progress DLT members have made in researching the impact of class size on student learning.

Among their findings, team members discovered that little research exists on the effect of class size on secondary students, but class size as well as teaching methodology can affect student learning. The research suggests the ideal number for the early grades is a class size of 21 to 23 and the ideal for kindergarten is 18, but there may not be one number that is the ideal for all grade levels or even all subjects.

Ameruso said the School Committee's goal is to have 25 students in heterogeneously grouped classes at the secondary level; for grades K-4, the ideal number is 20. The School Department tries to put a teacher's aid in classrooms when enrollment reaches 27 in grades K-3.

"Most of our research talks about the benefits of small class size at the lower levels," Mrs. Urbinati said. "The research didn't even mention the high school level."

25 Students Per Class

AHS Principal Joseph Zabieleski pointed out that California has a state law limiting class sizes. "Massachusetts Ed Reform has a philosophy on class size of 25 students and maybe that should be carved into law," Zabieleski said.

But, School Committee member Linda Galanteau raised the specter of another unfunded mandate from the state if legislation required a limit on class size.

"I'd be interested to see how they get the class size."

Mrs. Galanteau said, "What happens in mid-year if we go over the magic number and what would we do if a building can't house another classroom?"

Junior High social studies teacher Gail Dion agreed the bottom line on keeping class sizes low is the cost.

"We know how often the legislature fails to back up legislation with funding," Mrs. Dion said. "I suggest calling local legislators to get a feeling for the possibility (of increased state funding)."

Ameruso urged DLT members to attend the public meetings the School Committee will hold during budget deliberations, expected to begin sometime in February, in order to see what the school principals are asking for in additional staffing.

"There have been a number of requests for additional personnel," Ameruso said. "I think you'll be pleased at what you hear."

In addition to forming sub-committees to write a report to the School Committee and investigate the class size policies in surrounding towns, DLT members volunteered to research legislation in a number of states, including California, Vermont, and Arizona.

Having spent 35 years working in Pennsylvania public schools, Ameruso reported no legislation exists mandating class size, but some school districts have contractual issues dealing with class size.

The next meeting of the DLT will be Wednesday, February 11th at 7:00 p.m. in the Junior High School cafeteria.

Training Program Available For Mature Workers

City of Springfield's Health and Human Services Department manages a Hampden-wide employment and training program. Persons must be at least 55 years-old, reside in Hampden County, and meet program income guides.

There are two methods utilized to gain employment:

- 1) One is classroom training which is provided to those who want to change careers or need to update their present skills in order to compete for employment.
- 2) The other training is on-the-job training. The employer provides the skills training for the new employee and retrains the successful trainee. Training tuition fees are free to eligible mature workers.

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"A Piece Of The News"

by Kathy Cassanelli
News Editor

From Tuesday, January 20th council meeting...

COUNCIL'S SUB-COMMITTEES

At Town Council's first meeting in January, Council President **Donald Rheault** asked the councilors to let him know their preferences for appointment to the council's sub-committees.

Before announcing the committee assignments, Rheault said, "I based my decisions on past performance, qualifications, and tenure on the council."

All councilors will serve as chairman of at least one committee, but not all councilors received the assignments they requested because there aren't enough seats on the committees to satisfy all the requests, Rheault said.

The 1998 committees are:

School Budget - Chair Jill Simpson with Councilors Gina Letellier, Robert Magovern, Nancy Thompson, and Robert Young.

Budget Committee No. 1 - Chair Edward Caba with Councilors Dennis Perry and Robert Young.

Budget Committee No. 2 - Chair Gary Geiger with Councilors Gina Letellier and John Negrucci.

Budget Committee No. 3 - Chair Nancy Thompson with Councilors George Bitzas and Robert Magovern.

Committee on Rules - Chair John Negrucci with Councilors Gary Geiger and Gina Letellier.

Committee on Ordinances - Chair Robert Magovern with Councilors Jill Simpson and George Bitzas.

Committee on Utilities - Chair Edward Caba with Councilors Dennis Perry and Robert Young.

Committee on Licenses - Chair George Bitzas with Councilors Nancy Thompson and Edward Caba.

Committee on Street Acceptances - Chair Robert Young with Councilors Nancy Thompson and Jill Simpson.

Route 57 Committee - Chair Dennis Perry with Councilors John Negrucci and Edward Caba.

Zoning Review Committee - Chair Gina Letellier with Councilors Dennis Perry and Gary Geiger.

LARRY HOAGUE ON BOARD OF APPEALS

The council unanimously elected **Larry Hoague** as a regular member of the Board of Appeals. Mr. Hoague's term will expire on January 1, 2000.

RHEAULT SETS GROUND RULES

At the first meeting since his election as Council President, **Donald Rheault** set some of the ground rules he plans to follow as the council's parliamentarian.

As chairman of a self-governing body, Rheault said he would interpret the council's rules without

the advice of the town solicitor. "There are procedures to challenge the chair, then we'll vote and the majority rules," Rheault said.

On the controversies surrounding the portion of the council meetings set aside for Citizen's Speak Time, Rheault said speakers have been abusing the practice of asking for an extension of the time they are allowed to address the council.

Rheault said he would enforce the five-minute limit on each speaker, but he would not prevent anyone from exercising their constitutional right to say whatever they wish unless the speech is offensive, vulgar, or conflicts with council decorum.

Asked by Councilor **Gina Letellier** for his views on the proper use of the parliamentary move known as "charter object," Rheault said the time for a charter objection can only be at the third reading of an ordinance because the charter allows the maneuver "on the adoption of a measure."

"The third reading is the adoption; the first reading is the introduction (of a measure)," Rheault reasoned. "It doesn't make sense on the first reading because that would stop debate and cut off the chance for amendments."

Invoking Roberts' Rules to buttress his argument condemning the practice of councilors voting "present," Rheault said councilors should notify him, the chairman, before a vote is taken if they have to abstain from the vote.

In fairness to the council and to the chairman, Rheault said a councilor should say they are going to abstain and then leave the council chamber during the debate so that they will not influence the way other councilors vote.

"Even eye contact can be construed as swaying a vote," Rheault said.

But, former council President **Nancy Thompson** said she was aware of no such provision in Roberts' Rules. In the past, Ms. Thompson has, on occasion, left council chambers after announcing her intention of abstaining. On other occasions, she has voted "present."

"That's my right to vote 'present,'" Ms. Thompson said. "I'm going to research this further, but nowhere did I see that you had to notify the council president if you're voting 'present.'"

COUNCIL APPROVES 40 VIDEO GAME LICENSES

Departing from the past practice of considering application for video game licenses on an individual basis, council President **Donald Rheault** suggested and the council agreed to deal with applications from 10 businesses in one vote. The council was unanimous in approving 40 video game licenses.

FireWise...

by Fire Chief David Pisano
Make Sure You Have Two Ways Out In The Event Of A Fire In Your Home

Fire! In your home? No, you think. But, what if it did? Would you and your family know what to do? Would they react safely?

In 1987, the year for which the most current statistics are available, 4,660 deaths occurred in residences in the United States.

The primary problem surrounding this high home fire death rate is the belief by individuals that they won't have an accidental fire, so they aren't prepared when a fire occurs and react improperly when a fire does occur. Family members should plan ahead by taking the following actions in the event their homes are stricken by a fire:

- Install and maintain smoke detector; at least one on each level, and one outside each bedroom area.

- Every occupant should know two ways out of each bedroom; a primary exit (usually the door) and a secondary exit (the window, should the doorway be blocked).

- For primary exit escapes, make sure everyone knows to crawl out on their hands and knees below the smoke. Placing a cloth over their nose and mouth may also reduce smoke inhalation.

- Some family members may need assistance escaping, such as infants, small children, and the elderly. Assign "helpers" in advance so that, in the event of a fire, everyone will know what is expected of them.

- For second- and third-story window escapes, install folding chain escape ladders. They may be stored in a box by the window for quick access.

- Determine an outside meeting place. Make sure everyone is familiar with its designation.

- Most important — practice the plan! Not only during the day, but also at night. Time the evacuation and evaluate your home fire escape plan. Don't wait until a fire occurs to find out that a window is stuck shut.


- Make sure everyone knows not to attempt to extinguish the fire or grab valuables.

- Once all family members are outside at the designated meeting place, if possible, an adult should go to a neighbor's house to telephone the fire department. Memorize your fire department's emergency telephone number — 911 — and have it posted on your phones and the neighbor's phones.

For further information, contact the Agawam Fire Department at 786-2662.

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View From The State House

by State Rep.
Daniel F. Keenan

1997 Year-End Review: Part III

Education - An Investment In Our Future

In 1997, the Legislature's commitment to education continued. Providing a quality education to all in Massachusetts is a goal shared by myself and my colleagues. Supporting educational initiatives is an investment in our future.

As a State Representative and member of the Education Committee, I have not lost sight of this goal. Education has been a top priority and will continue to be a top priority for 1998.

Key investments that the Legislature supported in 1997 include:

• **School Building Assistance:** As a result of the Legislature's funding, 59 school projects across the state received grants, including four school projects in Agawam; Granger School, Robinson School, Clark School, and Agawam High School received grants last year from the Board of Education. A total of \$34 million was appropriated for construction to school facilities in the budget.

In 1998, it is estimated that funding for 60 school projects across the state will be appropriated.

• **Charter School Legislation:** The Legislature debated and passed a bill which provides a modest increase in the number of authorized charter schools as well as significant opportunities for public school systems to harness the dynamic energy associated with the charter school movement.

Hopefully, parents and children, as the consumers of education, will benefit from the existence of Commonwealth Charter Schools and Horace Mann Schools. They will also benefit from the modifications and reforms made to the financing, reporting, and management mechanisms of all charter schools.

• **Education Reform/Education Financing:** The Legislature fully funded the fifth year of the Education Reform Act of 1993, resulting in an 11-percent increase (\$220 million) in the state-wide average in 1997. The Education Reform Act of 1993 was enacted to develop goals for all students in Massachusetts to achieve. The appropriation of this money goes directly to local school districts to assist their efforts.

The Legislature will continue to focus on education and make investments in our future in 1998. The Education Reform Act will be in its sixth year of a seven-year commitment in school aid. Preliminary estimates predict a 12-percent increase (\$280 million) in the state-wide average in 1998.

In 1998, there will also be a focus on implementing curriculum frameworks and assessments throughout the state. For the first time, students will be tested on what they are being taught and learning. These assessments are a common sense concept, and will provide a better tool for evaluating our education in Massachusetts.

In 1998, the Legislature will address Special Education reform. A proposal to reform the financing of special education is currently before the Legislature.

Massachusetts is looked to as a pioneer and innovator in the field of education, and 1998 promises to be another year in which the Legislature is committed to making wise investments in education and our future.

Best local news - AAN!!!

The
Agawam Permanent Fire Fighters Association
will be sponsoring a
"Magic Illusion Show"
starring

Magic of Lyn

on Saturday, March 28, 1998 at 3:00 p.m.
at Agawam Jr. High School Auditorium.
We will also be publishing a Program Book
for the event.

The proceeds will support the
betterment of the organization.

The Agawam Permanent Firefighters Association
members would like to thank all those who
participate.

Karl Schmaelzle
President

Agawam Permanent Fire Fighters Association

Agawam Retired Employees Plan General Meeting For April & Membership Drive

The Executive Board of A.R.E. (Agawam Retired Employees) met recently to plan for future events. In the planning stage is a general meeting of the membership and a membership drive to enroll new members.

The general meeting will be held in April, with the date, time, and place to be announced. It is hoped that one of our local legislators will speak on the proposed changes in Social Security benefits.

The board has also established several committees and is looking for interested retirees to participate as members.

If you are interested and are a retired employee of the Town of Agawam, you are eligible to be a member.

A.R.E. you a member? Help us to help you. Let's join together and work toward solutions to those common issues that directly affect the retired town employees.

Dues are \$5 a year. Checks should be made payable to A.R.E. and sent to Charles Kistner, 72 Elbert Road, Agawam, MA 01001.

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Council Has Until Mid-April To Enact Regulations On Cell Phone Towers

by Kathy Cassanelli
News Editor

Even though the moratorium on cell phone towers will expire next month, Town Council has until April 20th to enact legislation regulating the size, type, and location of telecommunications transmitting facilities.

At Tuesday night's Town Council meeting, Planning Director Deborah Dachos said the council has 90 days from the date of the Planning Board's public hearing (which was held at the council meeting) in which to act on the proposed amendment to the zoning code.

Urging the council to take action so that the town will have some control over the telecommunications industry, Ms. Dachos said, "My only concern with using the full 90 days is that sometimes things get lost or are not acted on. We'd be in trouble then. They could locate (a tower) anywhere in town with a special use permit."

Overall, the councilors praised the efforts of the planners in drafting the proposed zoning amendment, but several councilors had doubts about some of the specific provisions. Among the concerns raised by the councilors were the length and detail of the ordinance; the length of the setback from a neighboring residence; the ability of the ordinance to keep pace with changes in the technology; and, most notably, the provision designating the Planning Board as the special permit granting authority.

Planning Board member Frank Lawlor said assigning special permit granting authority to the Planning Board rather than the Zoning Board of Appeals (ZBA) was included in the legislation as a matter of convenience because an expert consultant would be reviewing cell phone tower applications and making recommendations to the Planning Board as part of the site plan approval process.

"We thought having the Planning Board as the special permit granting authority would streamline the process," Lawlor said.

But, council President Donald Rheault and Councilors Edward Caba and Gina Letellier said they believed the ZBA should remain the special permit granting authority.

ZBA Chairman Ronald Hebert agreed. "Based on the town charter and on Mass. General Laws Chapter 40A, I think that authority belongs with the ZBA," Hebert said. "But, if the council gives the authority to the Planning Board, you won't see any challenge from us. The council is the legislative branch and we're the judicial."

Councilor Letellier, an attorney, was concerned that the amount of detail contained in the proposed ordinance could lead to a successful court challenge in the future because changes in the technology would not be among the specific provisions of the legislation.

"Maybe the devil is in the details," Ms. Letellier said. "This amendment is great with the current state-of-the-art, but what about in five years? We must allow for changes in the state-of-the-art."

Technological Changes In The Industry...

Councilor Nancy Thompson agreed that technological changes in the industry could have an impact on the zoning ordinance. "If the state-of-the-art changes, the process is in place," Ms. Thompson said. "If changes need to be delineated, we can amend the zoning ordinance."

Councilor George Bitzas, saw no problems with the length of the amendment, but he suggested increasing the length of the setback from neighboring residences to 750 feet. "This is a clear, detailed ordinance and that's a plus," Bitzas said.

During the public hearing, Ms. Dachos gave an overview of the provisions included in the 18 pages of the draft legislation being proposed to regulate telecommunications transmitting towers.

Under a 1996 federal law, the town can regulate the towers, but not prohibit them or enact regulations that would unnecessarily restrict the competitiveness of the industry. Also, the town cannot enact regulations based on environmental issues related to the emission of electromagnetic radiation.

The proposed amendment to the zoning code was drafted by a four-member committee comprised by Ms. Dachos, Town Solicitor Thomas Locke, former council President Kent Servis, and Planning Board member Frank Lawlor.

Ms. Dachos identified the creation of an overlay zoning district as one of the critical components of the ordinance which was approved by the Planning Board in November.

"This is the first proposal of its kind in Agawam," Ms. Dachos said. "We would create a physical layer over our zoning map with a telecommunications district superimposing additional regulations over certain properties."

According to Ms. Dachos, the two criteria used to identify the land parcels comprising the overlay zoning district centered on finding the kinds of sites the industry has indicated are ideal, while protecting residential areas from the visual impact of the towers. The sites chosen for the overlay district are high spots adjacent to major transportation corridors that will have the least visual impacts on residential neighborhoods. Provin Mountain was included because it is considered the ideal location in Agawam.

Other sites proposed for the overlay zoning district are Riverside Park, Bondi's Island, parts of the Agawam Regional Industrial Park, a parcel of land owned by Western Massachusetts Electric

Company, and the four golf courses.

The Draft Legislation...

The draft legislation will restrict wireless telecommunications towers to monopoles allowed only on the specific sites of the overlay district. The monopoles must be the minimum height required to provide adequate service area coverage for the cell phone company, not to exceed 150 feet.

Under the terms of the ordinance, side- and roof-mounted antennas would be allowed on existing buildings anywhere in town (as long as they do not project more than 10 feet above the building or more than 10 feet above the height limit for the zoning district).

Also, the ordinance would require a special permit from the Planning Board for any wireless telecommunications facility, whether it be a monopole or a structure-mounted antenna. Camouflaging and screening of the facilities would be required by the special permit granting authority.

In addition to being required to obtain a special permit for towers and antennas, telecommunications companies would be required to pay for an expert consultant to advise the Planning Board on technical information as part of the permitting process.

Ms. Dachos said the council might want to consider some changes to the proposal, including increasing the height limit for monopole towers to 190 feet in order to increase the possibility of co-locating more transmitting sites on fewer towers and reinstating a bonding clause that had been dropped from the original proposal by the Planning Board.

ZBA member Larry Hoague said the board had recently granted special permits to three towers ranging in height from 180 to 190 feet in order to minimize the number of towers. "At 150 feet, there can be three co-locations. At 180 feet, there can be five platforms," Hoague said. "That way, we'd only have one or two 180-foot towers rather than five or six 150-foot towers."

The Planning Board will meet on January 29th in the Police Station Community Room to discuss any changes in the recommendations they will make to Town Council in light of the information presented at the public hearings.

Before the zoning amendment can be enacted, it must pass three readings at Town Council. The first reading is expected at the council's February 2nd meeting. The second and third readings can then take place at the February 17th meeting.

Amending the zoning code requires the approval of a two-thirds majority of the council or eight votes.

Looking For Help With Your Taxes?

Each year, the Internal Revenue Service (IRS) works to make it easier for people to get tax help. This year, Massachusetts taxpayers have more options than ever before to get the assistance and information they need.

The IRS has expanded the hours of special toll-free telephone numbers for all tax services. And, taxpayers that need help don't have to wait in line—they can go on-line. The IRS Internet homepage has forms, publications, and lots of information available around the clock.

Tax Help On-Line

Nationwide, taxpayers accessed the IRS homepage on the World Wide Web more than 200

SEE TAXES - Page 9...

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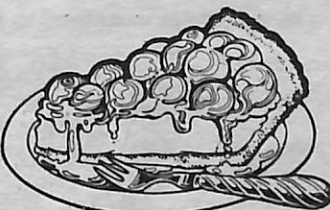
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Veterans' Corner...

by Ruth Bitzas
Veterans' Agent

Silver And Bronze Star License Plates Available

Silver and Bronze Star license plates are now available. Veterans in receipt of either of these medals may apply for a veterans' license plate with the emblem of the medal reflected on the plate. There is no cost to the veteran for registration. They will be available in four-digit series (i.e., 1000 up).

In order to insure eligibility, veterans must possess documentation of the receipt of the Silver Star/Bronze Star Medal. This is not to be confused with receiving a Service Medal with a Silver or Bronze Star that indicates the number of flights or battles. Applications are available in our office located in the Agawam Town Hall, Main Street Agawam. Discharge paper (DD214) and documentation, along with the completed form, will be mailed directly to Boston for you.

In addition to the above, Applications for **Military Branch Decals** are also available now to war-time era veterans having served in WORLD WAR II; KOREA; VIETNAM; LEBANESE PEACE-KEEPING FORCE; GRENADA RESCUE MISSION; PANAMANIAN INTERVENTION FORCE; PERSIAN GULF; WAAC. A campaign medal needs to be reflected on DD214 for all veterans other than WWII, Korea, or Vietnam.

You must need to have active veterans' plates before applying for the military decal, and you can only apply for a military decal once. A drawback for some may be that the decal is required to be placed to the left of the plate covering the flag.

Completed forms and documentation need to be mailed to: **Special Plates, Registry of Motor Vehicles, P.O. Box 199132, Boston, MA**

02119-9132. Once again, applications for both the Silver/ Bronze Star plates and the Military Branch Decals are on hand in our office, along with assistance if needed. Call Veterans' Services, Agawam Town Hall, (413) 786-0400, ext. 236 or 237.

PLEASE NOTE: The December issue of "Stars and Stripes" indicates that under the recently enacted Defense Department authorization bill, all Armed Forces members who participated in certain Balkan operations will be eligible to receive the military's Armed Forces Expeditionary Medal. Receipt of this medal substantiates a veteran's war-time service and renders this veteran eligible for any and all benefits that any other war-time veteran is eligible to receive both Federal and State.

Those service members who participated in Joint Endeavor or Joint Guard will be eligible. Joint Endeavor took place from November 20, 1995 to December 20, 1996; the Joint Guard operation began December 20, 1996 and continues until the U.S. Secretary of Defense issues a cutoff date.

Each service's secretary will establish individual service requirements for the medal. Generally, service members are eligible if deployed in Bosnia and Herzegovina or possible other areas of the Balkans, as later defined by the Secretary of Defense; if served on board a U.S. naval vessel operating in the Adriatic Sea in direct support of one or both of the operations; or if operated in air space above Bosnia and Herzegovina or other air space as later defined by the Pentagon.

TAXES - from Page 8...

million times last year, receiving over eight million forms, publications, and a variety of topic-oriented tax information. Anyone with Internet access can visit the homepage at www.irs.ustreas.gov and receive:

- tax forms, instructions, and publications
- the latest tax information and tax law changes
- tax tables and rate schedules
- answers to the most frequently asked tax questions

Tax Assistance by Telephone

Need a tax form? Call the IRS special forms order line. Or try IRS TaxFax. Checking on a tax refund? Call the TeleTax line for quick service. Still need help? The IRS tax assistance phone service has expanded hours to six days a week, 16 hours a day.

Forms and Publications by Phone

Tax forms and publications are available by calling 1-800-TAX-FORM (1-800-829-3676), Monday through Saturday, 7:00 a.m. to 11:00 p.m. Expect the order to be mailed within seven to 10 working days.

Forms by Fax

Taxpayers can receive about 100 different tax forms seven days a week, 24 hours a day from IRS TaxFax at (703) 368-9694. Taxpayers must use the voice unit of their fax machine to dial the service and receive automated instructions. The only cost to the taxpayer is the cost of the call.

Recorded Tax Information

TeleTax has 149 tax topics available 24 hours a day using a touch-tone phone. Taxpayers can call toll-free 1-800-829-4477 to hear recorded information on tax subjects such as earned income credit, child care credit, claiming a dependent, filing requirements, or which form to use.

Automated Refund Information

Last year, thousands of Massachusetts taxpayers used the automated refund information system on TeleTax to check on the issuance of their Federal refund checks. Taxpayers can call 1-800-829-4477 to check on their refund status, Monday through Friday from 7:00 a.m.-11:30 p.m.

Telephone Tax Assistors

If taxpayers can't answer their tax questions by reading the 1040 tax booklet instructions, they can always call the IRS for assistance. The telephone tax assistors at 1-800-829-1040 answered almost half a million calls from New Englanders last year. Telephone assistance hours have now been expanded to offer more evening and weekend hours, Monday through Saturday, 7:00 a.m.-11:00 p.m.

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Half & Half (Pint)	.79¢
Half & Half (Quart)	\$1.39



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Land O' Lakes Cheese	\$2.49 Lb. (Every Day)
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(Closed Sunday)

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Hudson Smoked Turkey Breast	\$2.99 Lb.
Land O' Lakes Swiss Cheese	\$2.99 Lb.
Russer Virginia Baked Ham	\$2.99 Lb.
Corando Genoa Salami	\$2.99 Lb.
Provolone	\$2.99 Lb.

SPECIAL THIS MONTH

Wunderbar Bologna	.99¢ Lb.
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Winston (All Brands) - 30¢ OFF Per Pack Or \$3.50 OFF Carton
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Salem - 30¢ OFF Per Pack Or \$3.50 OFF Carton
Kool - 40¢ OFF Per Pack Or \$3.50 OFF Carton

GENERIC

Doral, Monarch, Or Misty - 30¢ OFF Per Pack
Or \$3.50 OFF Carton
Maverick - 40¢ OFF Per Pack
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Roast Beef	\$2.59
Tuna	\$2.59
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Ham And Cheese	\$2.49
Cold Cut	\$2.49
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Gourmet Coffee (Any Size)
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— Agawam Obituaries —

Rita R. Manzi

Rita R. (Vivenzio) Manzi, 84, formerly of 1214 North Street Extension, Feeding Hills, died in a local nursing home.

Born and educated in Springfield, she lived in Feeding Hills for 20 years.

Her husband, Joseph Manzi, died in 1975.

She leaves two daughters, Caroline Russell of Springfield and Adrienne LaBarre of Feeding Hills; a sister, Mary Bushey of West Springfield; four grandchildren; and two great-grandchildren.

The funeral was held at Colonial-Forastiere Funeral Home and Sacred Heart Church, with burial in St. Michael's Cemetery.

Memorial contributions may be made to the American Cancer Society, 53 Capital Drive, West Springfield, MA 01089.

Eugene H. Jendrysik

Eugene H. Jendrysik, 81, of Chicopee, died recently in an Agawam nursing home. He was a longtime electrician, and retired in 1981.

He was a 12-year electrician for Smith & Wesson Corp. of Springfield and taught electrician classes at Vocational High School.

A lifelong resident of Chicopee, he was an Army Engineer veteran of World War II. He served with the 350th Infantry Regiment of the 88th Infantry Division in the Italian campaign in 1944-45.

He was a communicant of the Basilica of St. Stanislaus, Bishop and Martyr, and belonged to American Legion Post 452 and Knights of Columbus Council 69.

His wife, Sophie (Kowal) Jendrysik, died in 1990, and his son, Eugene H. Jr., in 1965. He leaves a daughter, Gail A. Salva of Vernon, CT, and two brothers, Joseph L. and Henry J. of Chicopee.

The funeral was at Kosikowski Funeral Home and the basilica, with the burial in the parish cemetery. Memorial contributions may be made to the St. Stanislaus School endowment fund at 534 Front St., Chicopee, 01013, or any other charity.

Helen Drolett

Helen (Hansen) Drolett, 85, formerly of Silver Street, Granville, died at an Agawam nursing home. She was a drum maker at the Noble & Cooley Drum Shop for many years, and retired in 1972.

A lifelong resident of Granville, she attended Westfield High School, and worshipped at the Federated Church. She belonged to the Scotty Club, and was a former member of the Grange.

Her husband, Charles L. Drolett, died in 1970. She leaves a son, Ronald H. of Southwick; four grandchildren, and 10 great-grandchildren.

The funeral was at the church, with burial in the spring. Southwick Funeral Home was in charge.

Memorial contributions may be made to the Helen Drolett Memorial Fund, Federated Church, Granby Road, Granville, 01034.

Gertrude Walsh

Gertrude (Edwards) Walsh, 84, of Springfield died at Baystate Medical Center. She was an operator for New England Telephone Co. and at the Federal Building.

Born and schooled in Springfield, she lived in Agawam for 41 years before resettling at Reeds Landing two years ago. She attended the Agawam Congregational Church, and was a former member of the Agawam Women's Club.

Her husband, James E. Walsh, died in 1971. She leaves a son, James E. of Longmeadow; a brother, Kenneth of West Springfield, and three grandchildren.

The funeral was private. Colonial-Forastiere Funeral Home of Agawam was in charge. Memorial contributions may be made to the Reeds Landing Activities Center (attn. of Frank Pascoe), 807 Wilbraham Road, Springfield, 01109.

Anna L. Pappas

Anna L. (McNulty) Pappas, 86, of Agawam died recently at a local nursing home. She was a 25-year inspector at the former John H. Breck Co. in West Springfield, and also worked for American Bosch Corp.

She was born in Springfield, and spent most of her life in the city. She leaves her husband, Theodore Pappas of Chicopee; two daughters, Shirley Bates of Sarasota, Florida, and Joyce George of Agawam; a brother, Edward of Massachusetts; two sisters, Agnes Letendre of North Carolina, and Gertrude Pirossino of California; five grandchildren, and three great-grandchildren.

The funeral was at Hafey East Longmeadow Chapels, and the Holy Name Church, with the burial in Hillcrest Park Cemetery.

Memorial contributions may be made to the Rescue Mission, 19 Bliss St., Springfield 01105.

Kenwood Ross

Kenwood Ross, 82, of Cardinal Drive, Agawam, and formerly of Mulberry Street in Springfield, died at home.

He was a law partner with Chester E. Flavin for Ross, Ross & Flavin in Springfield.

He began practicing law with his father, Walter C. Ross, for the former Ross & Ross law firm, where he practiced from 1937 until 1973.

Born in Springfield, he graduated from the former Classical High School. He lived in Springfield most of his life and moved to Agawam in 1996.

He graduated from the University of Massachusetts and Northeastern University of Law.

He was an Army veteran with reserve and active duty. He attained the rank of colonel. He served on active duty as a commandant of the 1049th Army Reserve in the Pacific for three years.

He was a Springfield Housing Authority commissioner from 1967-1968. He was the former president, secretary, treasurer, and editor for the 24th Infantry Division Association.

He was a member and former chairman of the Springfield Citizens Action Commission. He was a member of the American, Massachusetts, and Hampden County Bar Associations.

He belonged to the Colony Club of Springfield, the Military Order of World Wars, the Naval Institute, and the Retired Officer Association.

He was a member of the Lambda Chi Alpha Fraternity at Northeastern. He was also a former trustee of the Springfield Library and Museums Association, and a former member of the Society of William Rice.

He leaves two friends, Chester E. Flavin of Agawam and Beverly M. Corris.

The funeral was held at Sampson Chapel of the Acres Funeral Home, with burial in Hillcrest Park Cemetery, both in Springfield.

Memorial contributions may be made to any charity.

William T. Cudworth

William T. Cudworth, 77, formerly of 11 Hope Farms Drive, Feeding Hills, died at home.

Born and educated in Westfield, he was a 1939 graduate of Westfield High School and had been a resident of Feeding Hills for the last 15 years. He previously lived in Southwick for more than 30 years.

He was a former security officer for Pratt & Whitney Aircraft, retiring in 1982 after 26 years.

He was an Army veteran of World War II and a member of American Legion Post 338 in Southwick.

He leaves his wife, the former Rosemarie Kriesak; a brother, Richard W. of Riverside, California; and two grandchildren.

A son, William T., died in 1989.

The funeral was held at the Southwick Funeral Home, and burial was in St. Mary's Cemetery in Westfield.

Memorial contributions may be made to Westhills Home Health Care, 77 Mill Street, Westfield, MA 01085, or the American Heart Association, 57 Suffolk Street, Holyoke, MA 01040.

Stephanie M. Carroll

The funeral of Stephanie M. (Lazarz) Carroll, 85, formerly of Ludlow was held recently at Ludlow Funeral Home, with burial in Hillcrest Park Cemetery in Springfield.

She died in an Agawam nursing home. Her husband, Redvres Carroll, died in 1988. She leaves nephews, nieces, and cousins. Memorial contributions may be made to the Massachusetts Society for the Prevention of Cruelty to Animals, 53 Bliss, St., Springfield, 01105.

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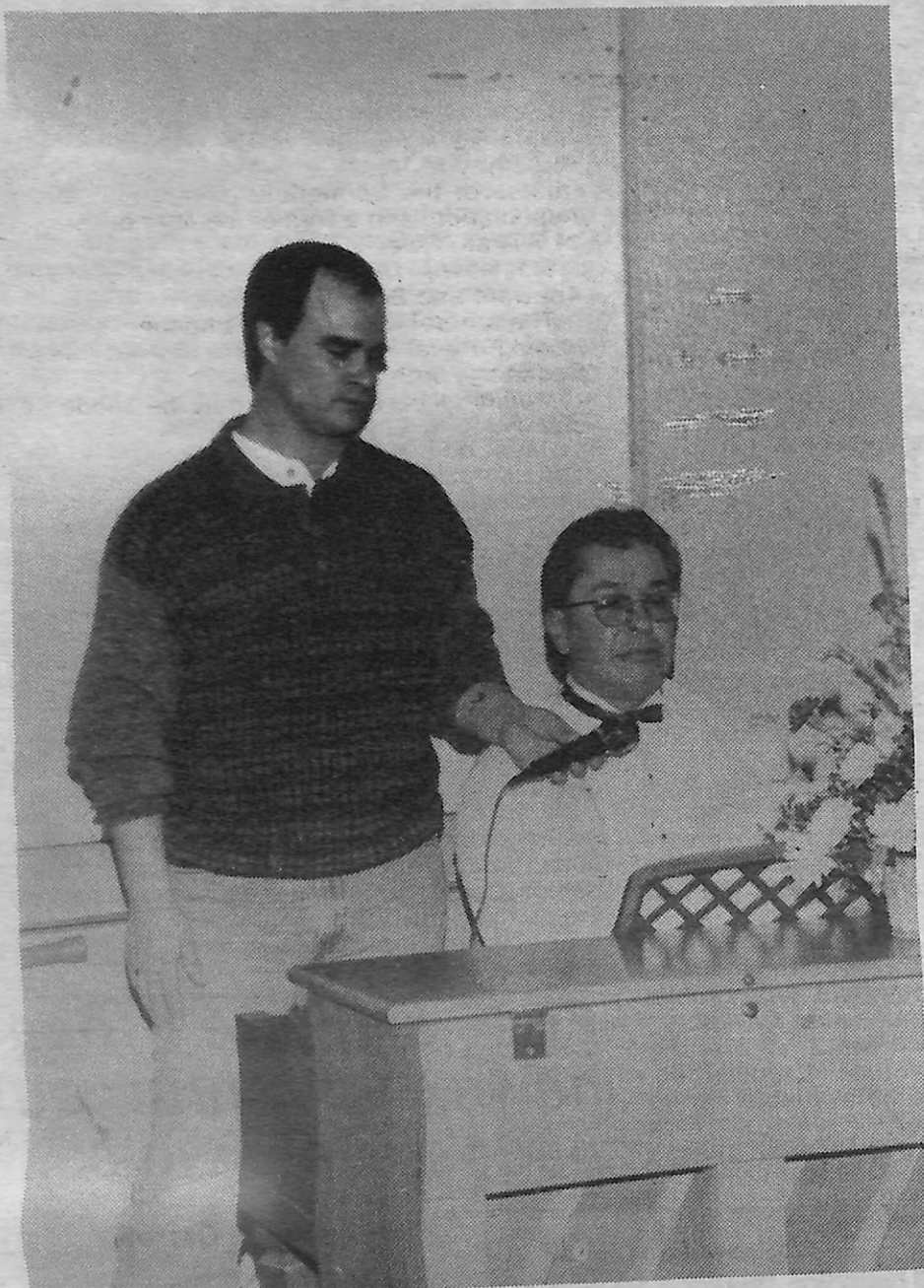
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Families

Entertaining At Country Estates



ON SATURDAY, JANUARY 17TH, Jim Todaro and Bob Mezzadri traveled from Cape Cod to sing along with the residents at Country Estates of Agawam. Advertiser News photo by Jack Devine.

A Visitor From Forest Park Zoo



ANN KANEK (right), a resident of Heritage Hall's South Building, recently met Kathy Brenner from the zoo in Forest Park, Springfield, and "Suzie" the chinchilla. Advertiser News photo by Jack Devine.

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“Cheers!!!”



AT A RECENT “COCKTAIL HOUR” held at Heritage Hall’s West Building, resident Girbelt Troie raised his glass in honor of the New Year. Advertiser News photo by Jack Devine.

Our deadline is each Tuesday at 12:00 noon; however, we appreciate any articles, press releases, etc., that can be brought in on Mondays. Thank you ... AAN!!!

World War II Chorus Remains Active

Twenty-five members of the group recently met and will be practicing on a regular basis with the next sessions on the first Tuesdays of February and March, delving into new song material and looking for a “new name.”

Membership is open to anyone who would like to enjoy informal singing and a wide range of song material is being assembled.

The Chorus group has also been invited to be guest performers at the March “First Friday” program which will feature the Agawam Melody Band at the Senior Center.

The Melody Band is being sponsored at the Concert by the Agawam Cultural Council and the Massachusetts Arts Council and served as the pit orchestra for the recent World War II Concert and will make room on their program for several numbers by the Chorus.

This will give an audience the chance to hear them again or for people who did not get to the high school concert to have that pleasure.

Jr. Women’s Club Seeks Crafters For Arts & Crafts Fair

Crafters are sought for the Agawam Junior Women’s Club 24th Annual Arts & Crafts Fair scheduled for Saturday, June 6, 1998 from 9:00 a.m.-4:00 p.m.

The Fair will be held on the grounds of the Captain Charles Leonard House at 663 Main Street in Agawam. All types of artisans and crafters are invited to participate in this event. The show will be juried and feature approximately 80-100 exhibitors.

Admission is free and all proceeds benefit the AJWC Scholarship Fund. Tours of the historic Captain Charles Leonard House will be available. A Youth Art Exhibit will be on display as well.

The size of each space will be 12’ x 12’ and a \$45 showing fee will be due at time of application. A food concession will also be available during the day for your convenience.

For more information or an application, please call Paula at 786-0511 or Margaret at 786-2651.

Check our classifieds!

Applications Are Available For Senior Pharmacy Program

The Senior Pharmacy Program continues in 1998. The Senior Pharmacy Program is a new pharmacy assistance program for elder residents in Massachusetts enacted under the Improved Access to Health Care Act.

It was established by the Division of Medical Assistance (DMA) in 1997 and is administered by the Executive Office of Elder Affairs in cooperation with DMA. Funding for this \$30 million program comes from cigarette tax revenues.

Through the Senior Pharmacy Program, eligible elder residents may receive up to \$750 per year to help them pay for prescription drugs in all Therapeutic Classes except those excluded from MassHealth. Insulin and disposable syringes with needles are also included in the SPP benefit.

To be eligible for this program, individuals must meet the following requirements:

- Must be a resident of Massachusetts for the past six months
- Must be age 65 or over
- Cannot be enrolled in the Medicaid Program
- Cannot have drug coverage from a supplemental insurance policy, HMO plan, or any other third party payor
- Must have a gross annual income no greater than \$11,844 per year (couples apply individually).

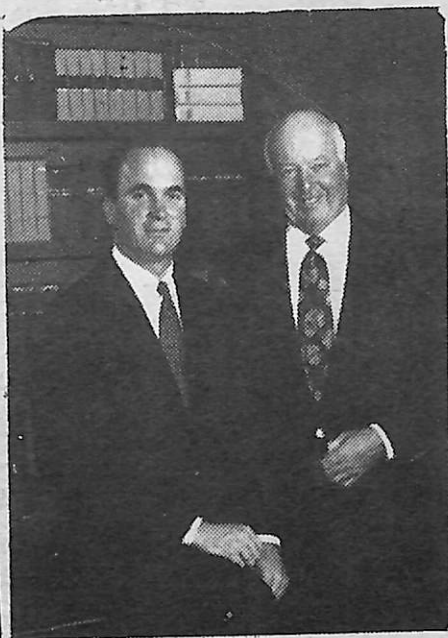
The annual enrollment fee of \$15 is deducted from the benefit. Copayment amounts at the time of prescription purchases are \$3 for generic drugs and certain medical supplies, and \$10 for brand name drugs and certain medical supplies.

Applications are available at the Agawam Senior Center. Those who need help or have questions concerning an application may call the Senior Center to set up an appointment with Trudy, the SHINE representative.

For more information, call the Senior Center at 786-0400, ext. 242 or 243.

For all the local news, you turn our pages every week...

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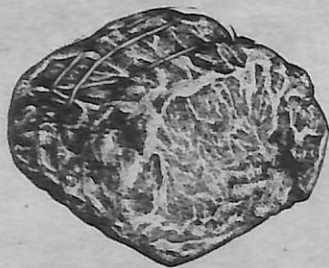
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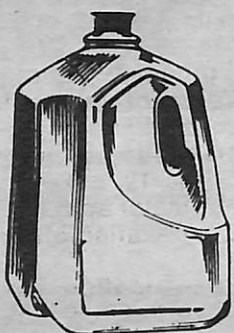
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Fresh Broccoli (Head)	\$1.19
Large Size Baking Potatoes (Each)	25¢
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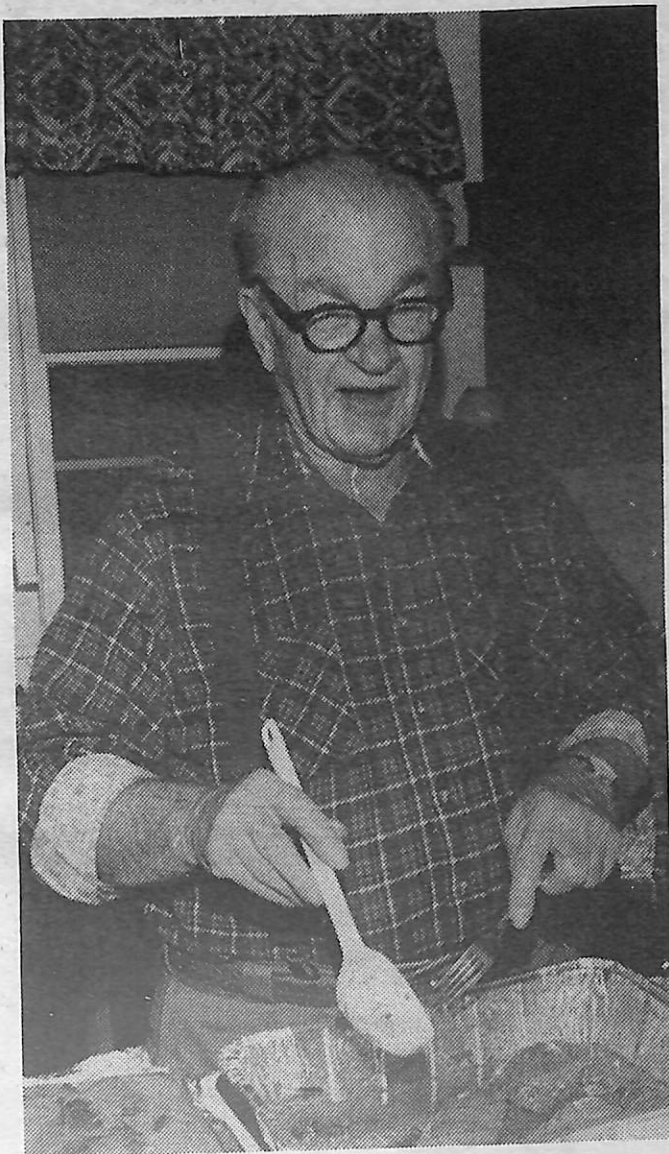
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Polish Supper Held At The Grange...



ALEX (left) AND PAULINE SOSNOWICH (right) made sure that no one went away hungry at the Polish Supper held at the local Grange on Saturday, January 17th. Advertiser News photos by Jack Devine.



Seeking New "Friends"...

"Friends of the Agawam Senior Center" is looking for people interested in enhancing the lives of our Agawam senior population.

We work closely with the Council on Aging and the Senior Center director in finding ways to help them in serving our "seniors."

Yearly dues to become a member of "FRIENDS" is \$3 for individuals and \$15 for corporations. Further information is available by calling Barbara Gingras at 786-7037, Nellie Mathias at 786-9093, or the Senior Center at 786-0400, ext. 242.

We hope that you will join us in keeping the programs going at the Senior Center, and making life easier for our older population.

Agawam/Feeding Hills AARP To Meet On Monday, January 26th

The local chapter of AARP will meet on Monday, January 26th, at 1:00 p.m. at the Agawam Senior Center.

The speaker will be John Ryan of Ryan Drug Store in Agawam. He will talk on the use and abuse of prescriptions. There will be a time to ask questions.

Coffee and desserts will be served after the meeting.

The meeting is open to everyone. Please come and bring a friend.

AARP welcomes all to its meetings, even if you are not a member.

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*New Treatment
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* Walk-in/NO
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* Monday, January 26th
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* Tuesday, January 27th
10:00 a.m.-12:00 Noon

* Thursday, January 29th
3:00-5:00 p.m.

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* On **Fridays**, when you bring in a roll of 24 exp./36 exp. to be developed, you may receive a free 5x7 from your roll (35 mm/color/one-hour service only!).

This Offer Ends March 19, 1998!

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STEPHEN DEVLIN AND JENNIFER MCNAMEE

Jennifer McNamee Is Engaged To Wed Stephen Devlin

Gary and Carmen McNamee of Agawam are pleased to announce the engagement of their daughter, Jennifer, to Stephen Devlin, son of Robert and Eleanor Devlin of Framingham, Massachusetts.

The future bride is a 1990 graduate of Agawam High School and is currently attending Massachusetts College of Pharmacy and Allied Health Sciences. She is employed by Bliss Pharmacy in Longmeadow as a pharmacy intern.

The bridegroom is a 1988 graduate of Framingham North High and a 1993 graduate of Ursinus College in Collegeville, Pennsylvania. He is employed as a project manager for Devlin Construction Corp. in Framingham.

An August 7, 1998 wedding is planned.

TOPS To Celebrate 50th Anniversary

TOPS (Take Off Pounds Sensibly) is celebrating its 50th Anniversary.

Join the celebration on January 27th at 6:15 p.m. at St. Peter's Hall, State Street, Westfield. Dues are \$2 a week.

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"Snowflake Dinner And Dance" At Spfld. Turnverein

A "Snowflake Dinner and Dance" will be held at the Springfield Turnverein, 176 Garden Street in Feeding Hills on Saturday, January 31st, sponsored by the Ladies' Glee Club and the Men's Singing Section.

The menu will include beef rouladen, potatoes, red cabbage, coffee, and cake. Reservations are being taken by Christa Strehl (786-0143) or at the club (786-0924). Deadline for reservations is January 28th. Dinner will be served at 6:30 p.m.

Following dinner, you may dance or listen to the music of the "Sounds of Music" Duo, featuring Richie Mitnick.

Please bring your friends and enjoy an evening of good food and entertainment.

ADVERTISER NEWS

Ag. Senior Center's Weekly Lunch Menu

Week Of January 26th-30th

Monday: Tortellini soup, meatball grinder w/extra sauce, spinach salad, fresh apple.

Tuesday: Pork chops, mashed potato w/gravy, green beans, whole wheat bread, brownie.

Wednesday: Beef stew, tossed salad, buttermilk, biscuit, lemon pudding.

Thursday: Sweet & sour chicken, rice Oriental, mixed vegetables, pineapple chunks, fortune cookie.

Friday: Clam chowder, egg salad on a roll, broccoli salad, canned pears.

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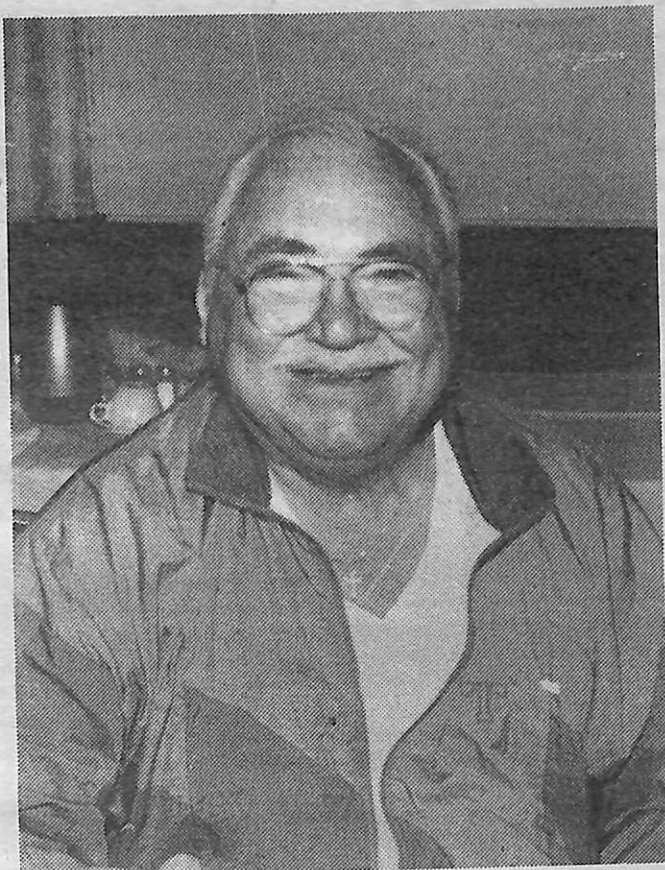
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Congrats, Paul!!!



PAUL GALASKA of West Springfield, the recipient of the Agawam Rotary Club's "Paul Harris Award," was obviously in a good mood at the Grange's recently held Polish Supper. Advertiser News photo by Jack Devine.

1st Membership Dinner For West Side/Agawam Kiwanis

The West Springfield-Agawam Kiwanis Club will hold its first membership dinner meeting in Agawam on Tuesday, January 27th. The meeting will be held at Carmelina's on the Hill, on Cooper Street in Agawam beginning at 6:30 p.m.

Anyone who is interested in finding out more about Kiwanis is invited to attend.

David Lorenzatti, president of the West Springfield-Agawam Kiwanis, said the group is planning a number of activities for this year. He said it is in the process of organizing a Kiwanis Key Club at West Springfield High School and hopes to interest students at Agawam High School to do the same.

Key Club International is the largest high school service organization in existence with more than 179,000 members in over 4,000 clubs around the world.

The West Springfield-Agawam Kiwanis also has voted to offer scholarships to one graduating senior at both high schools beginning in the spring of this year.

The group is also planning a bicycle rodeo in the spring at a location still to be determined. Charles Schroth, chairman of the planning committee for the bike rodeo, said it will be a one-day event whose purpose is to teach youngsters bicycle safety.

For information about the West Springfield-Agawam Kiwanis Club or its activities, contact Ed Walsh at 734-0762, Charles Schroth at 786-8691, or David Lorenzatti at 785-5180.

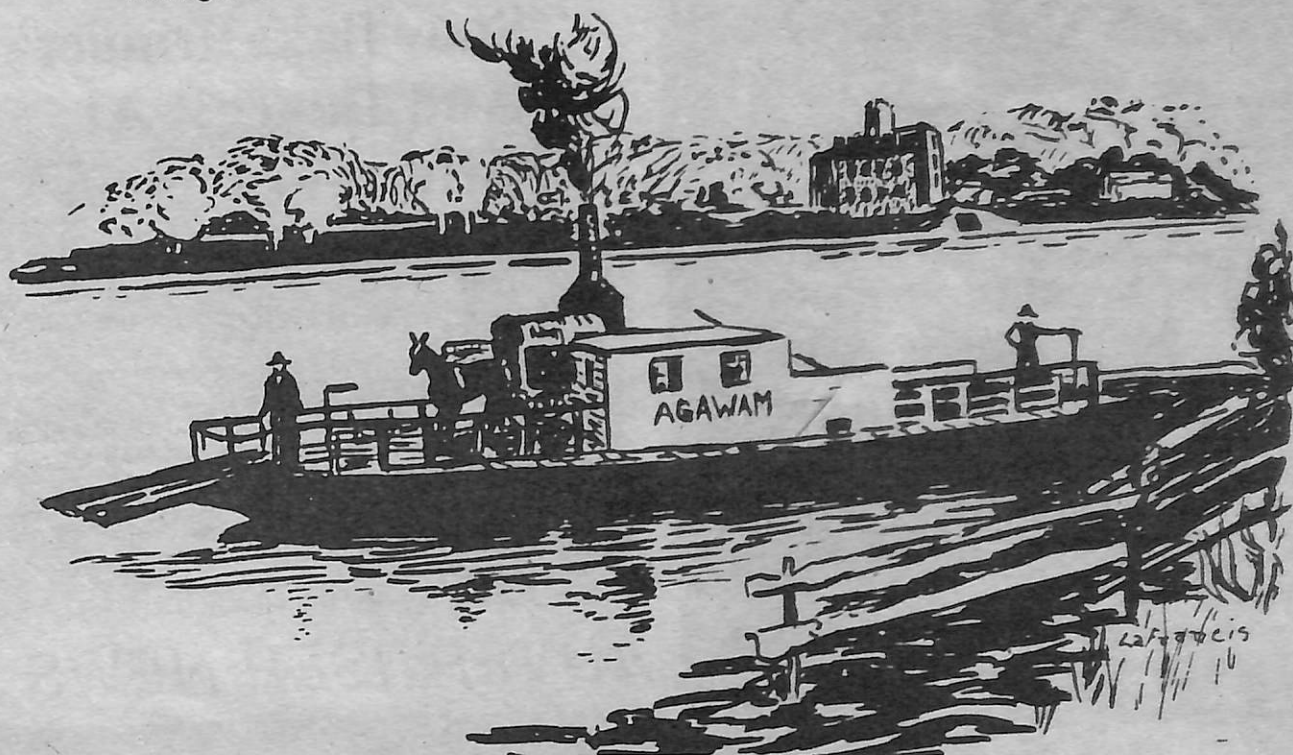
AHS Class Of 1993 Making Plans For Five Year Reunion

Plans are underway for the five-year reunion of Agawam High School's Class of 1993. Class officers guarantee this will be an event you won't want to miss...he's checking his list, he checking it twice, he's going to find out whose been naughty or nice.

Regardless, all are welcome to attend. This is an open invitation to all alumni from Agawam's "Famous Class of '93."

At presstime, there is no information about the reunion available. However, president Steve Lewis wishes to assure you all that many rumors will be spread about this event, but the actual details will not be revealed until April or May of 1998.

A 24-hour hotline has been set up at (413) 562-9334 if you are interested in more information. Otherwise, the class officers collectively would like to wish you all a happy holiday season.



AN ARTISTIC RENDITION of the "Connecticut River Greenway."

Program On "Connecticut River Greenway And Its History" At Captain Leonard House

At the confluence of the Connecticut and Agawam rivers, Agawam began in 1635. From that point, Springfield later developed, followed by all those communities to the north in what is now the Connecticut River Valley.

On Tuesday, January 27th, Terry Blunt, Director of the Connecticut Valley Action Program, will speak to the Agawam Historical Association on the subject "The Connecticut River Greenway and its History." His presentation will include slides of the river which has played so important a role in our past and will continue to influence our future. The meeting will be held at the Captain Charles

Leonard House on Main Street. Guests, students, and conservationists are invited to attend. A business meeting is planned at 6:30 p.m. with the program beginning at 7:30 p.m.

The Historical Association is continuing with the sale of historic gift items as part of its efforts to raise funds for the proposed new Fire Museum. These items will be available on the night of the January 27th meeting and will continue to be permanently displayed at the new Fire Headquarters on Main Street.

For further information, call the Millers at 786-7329 or 568-9147, ext. 224.

Boy Scout Troop 207 To Hold Post-Holiday Collection On Jan. 24th

In conjunction with an Eagle Project, Boy Scout Troop 207 will be remembering the less fortunate after the holidays with a collection of canned goods, dry goods, coats, jackets, mittens, gloves, scarfs, hats, sweaters, and blankets for the Open Pantry in West Springfield.

Please bring donations to the American Legion Post 207 on Park Street, West Springfield on January 24th between 9:00 a.m.-4:00 p.m.

For pick-ups, please call 789-1655 or 786-2309 anytime on or before January 24th. Please leave a message, name, and phone number.

All items will be accepted through February 14th.

Tax Assistance On Wednesday Mornings At Senior Center

The Agawam Senior Center will offer tax assistance on Wednesday mornings from February 4th through April 15th from 9:00 a.m.-11:15 a.m.

To schedule an appointment, call the Center at 786-0400, ext. 242 or 243.

To make an appointment for information on fuel assistance, call the Agawam Senior Center. Appointments are available on Wednesdays through the end of February from 8:30 a.m.-12:30 p.m. Call 786-0400, ext. 242 or 243.

Fundraiser For Bodo & Uwe Porth At Dante Club

A fundraiser for Bodo and Uwe Porth of Porth's Precision Automotive, two brothers injured in an October explosion at their place of business, will be held on Friday, January 30th at 7:00 p.m. at the Dante Club on Memorial Avenue, West Springfield.

The cost of the event is \$15. For tickets and information, call 782-0027.

best local news...

Agawam Lioness Club To Hold "Pizza Party" On Feb. 2nd

To the Agawam Lioness members — how about a "Pizza Party" on February 2nd at Maria's on Silver Street?

A pizza or mini-grinder, plus salad, coffee, and dessert, will be served at 7:00 p.m. District governor Hal Martin will give presentation on "Eye Research."

— ADVERTISER NEWS —

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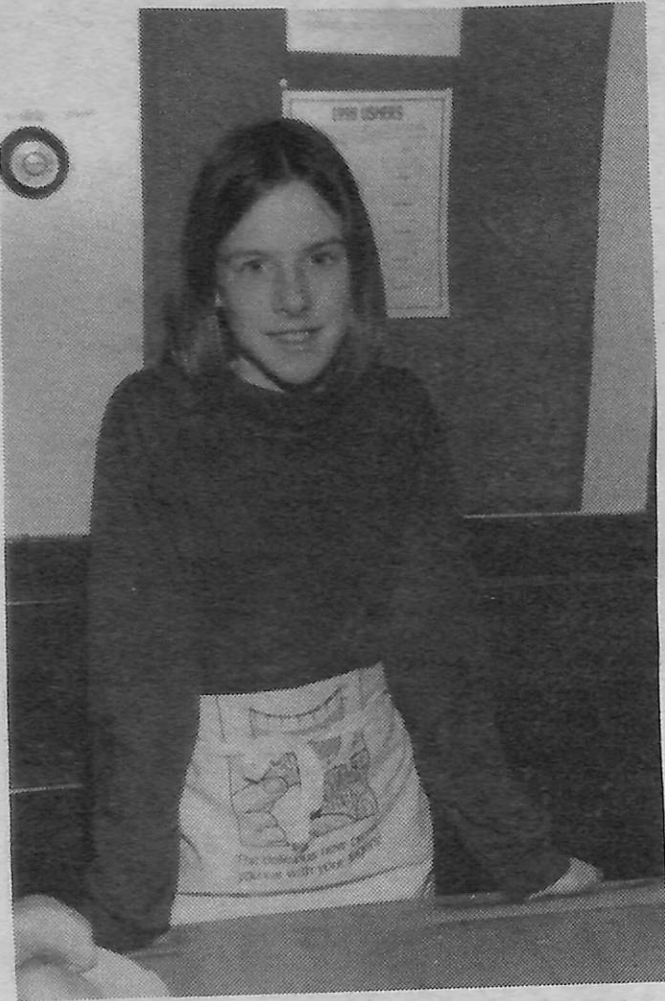
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Congratulations to all those couples recently engaged at Christmas time. Stop in or call our office and ask about our exclusive "Honeymoon Bridal Registry."

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Church News

'Want Some Chicken?'



KENDALL HILL (above) AND MARGIE SECORA (below) were happy to help at Valley Community Church's January 10th Chicken Supper. Advertiser News photos by Jack Devine.



Spaghetti Supper Slated For Feb. 2nd At St. David's

St. David's Church is planning a Spaghetti Supper on Monday, February 2nd at 6:00 p.m. The menu includes spaghetti, meatballs, sausage, bread, garden salad, bread pudding, coffee, tea, and fruit drink.

Reservations are recommended but not required. Tickets are \$6 for adults and \$3 for children under 12. They are available in advance at St. David's before and after all services or by calling 786-6133.

St. David's is planning a dinner for the first Monday of each month. Watch for next month's dinner; on the menu will be corned beef and cabbage.

Weekly Calendar From Ag. Congregational

The Adult Education Class meets each Sunday at 9:00 a.m. in the Friendship Room. This week's class will be led by Lindelee Davis, Church School Superintendent.

The theme for Sunday will be "Re-Membering." All are welcome to attend.

This Sunday, January 25th, is the Third Sunday after Epiphany. Worship continues at 10:30 a.m. at Agawam Congregational Church, 745 Main Street, Agawam.

The Sermon given by Rev. Fuller will be "Many Members, One Body," taken from Text: 1 Corinthians 23:12-20. Rev. Fuller's Children's Message will be "Coming Apart at the Seams."

This Sunday begins the Heifer Project. Heifer International is a Service Program which started after World War II to help farmers increase their livestock.

Each year, money donated to this project is sent to Heifer International to purchase sheep, cows, chickens, rabbits, bees, and other small animals for farmers across the United States and abroad. Heifer dedication Sunday will be March 8, 1998.

The Open Pantry item for this Sunday is pasta/rice.

Items collected will be donated to the Agawam/West Springfield Open Pantry.

Upcoming events for the Capital Fund Cam-

paign are as follows:

Campaign Banquet, Sunday, February 1st, at 5:00 p.m., to be held at the First Baptist Church of Agawam; Sunday, February 22nd, Report and Celebration Pot Luck Supper, at 5:30 p.m., to be held in Fellowship Hall.

Mark your calendars!!! The Friendship Committee will be sponsoring a Pot Luck Supper on Sunday, February 8th, at 5:30 p.m.

Entertainment for the evening will be Ed Popielarczyk's "Magical Moments."

A New Members' Class will begin on Saturday, January 31st, at 10:00 a.m. Any persons wishing to join the church may attend.

Join us on February 14th for our church adult Valentine's Day Party. Chuck Malloy, of Music Celebration, will be the D.J. for the party.

There will be music, refreshments, contests, door prizes, raffles, and more! Bring a friend! Tickets are \$5 and will be available at the door.

The Catering Committee is planning a Yankee Pot Roast Dinner on Saturday, February 21st, at 5:30 p.m. Mark your calendars today!

For more information concerning programs, events, or dinners, call the church office at 786-7111.

Be A Winner!



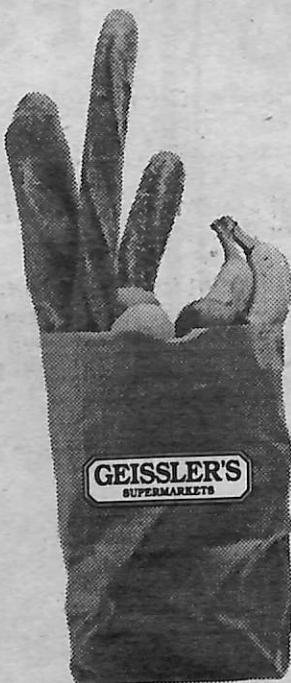
Donna Kennedy, Agawam Branch Manager

Make your next deposit or withdrawal at the new Westfield Bank ATM at Geissler's Supermarket at the Southgate Plaza on Suffield Street and you could be a winner.

Starting Monday, January 5, we will be giving away 100 gift certificates for \$10 each for shopping at Geissler's. Receipts for deposits and withdrawals at this new ATM will be specially marked to show that you are a winner.

Winning receipts can be stamped at the Courtesy Desk at Geissler's at which time you will be given your Gift Certificate.

Here is your chance to bring home the bacon, the lettuce, the bread and lot's more with a free gift certificate from Westfield Bank and Geissler's Supermarkets.



Westfield Bank

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Church News - continued...

"Operation Friendship" Holds Roast Beef Supper

ON SATURDAY, JANUARY 10TH, at the Feeding Hills Congregational Church, the local chapter of "Operation Friendship" held a fundraising Roast Beef Supper. IN LEFT PHOTO: Dave Bates, Sarah Bates, Nicole White, and Darcy Bates. IN RIGHT PHOTO: Jon Couture and Darcy Bates. Advertiser News photos by Jack Devine.

February Is "West Spfld.-Agawam Open Pantry Month"

The West Springfield Parish and Interfaith Association has designated February as "West Springfield-Agawam Open Pantry Month."

In addition to bringing awareness to the work done for the low-income population in West Springfield, Agawam, Feeding Hills, and Southwick, this time will also be used to celebrate the ongoing successes of the Open Pantry West.

Over 700 adults and children pass through the facility each month for food, clothing, advocacy, healthcare, household goods, showers or laundry facilities. People are being helped to find jobs, housing, emergency healthcare, and learning how to move out of desperate situations.

As part of February's "Open Pantry West Month," many local musicians are coming together to present an enchanting evening out with a Handbell Festival on Valentine's Day, Feb. 14th, at First Congregational Church, 20 Lathrop Street, West Springfield at 7:30 p.m.

Handbell choirs from Agawam, Springfield, Southwick, Suffield, and West Springfield will present a variety of music individually before coming together for a final mass ringing.

Suggested donation is \$5 per person or \$10 for a family with dependent children. Reservations are suggested and may be made at Open Pantry West, 734-7969 or by calling 736-5242. Tickets will be available at the door.

Calendar Of Upcoming Activities And Events At First Baptist Church In Agawam

Visitors are always welcome to attend worship service at First Baptist Church, corner of Main & Elm Streets, each Sunday morning at 9:30 a.m.

This Sunday, Pastor Richard Barnes will lead the worship service. Assisting him will be Joanna Aversa, who will lead the responsive reading, and Marjorie & Clark Greenough and Sharon & Doug Grabowski, greeters for the morning.

Following worship, there will be coffee and conversation for all in Davis Hall. Church school classes are held until 11:45 a.m. with nursery care always available.

At 7:00 p.m., there will be the monthly meeting of the Deacons in Lockhart Parlor. All deacons are urged to attend.

On our calendar this week:

Monday, January 26th: 7:30 p.m., Word Search bible study group

Tuesday, January 27th: 10:00 a.m., Searchlights bible study group; 1:15 p.m., EZ Does It Aerobics Class; 4:30 p.m., Our people serve at Loaves & Fishes (meals for the homeless); 7:00

p.m., Junior Youth Group; 7:00 p.m., Caring Connection

Wednesday, January 28th: 7:15 a.m., Mid Week Prayer Time; 10:00 a.m.-6:00 p.m., Trading Post Open; 7:30 p.m., Youth Leadership Team at the home of Hope Paradysz

Thursday, January 29th: 1:15 p.m., EZ Does It Aerobics Class; 7:30 p.m. Choir Rehearsal

Coming up: The American Baptist Women's Ministries of Massachusetts are holding a spiritual retreat for all Baptist women on February 6th and 7th at Mt. Marie Conference Center in Holyoke.

The retreat begins on Friday at 7:00 p.m. and ends on Saturday at 4:00 p.m. If you are interested in attending, contact Nancy Edwards, tel. 786-2324.

The Children's Choir, under the direction of Janice Lock, will hold their rehearsals on Saturdays from 10:00-11:00 a.m. New singers are always needed. Call Janice at 789-6476, if you can help "Make a Joyful Noise."

Remember, our deadline is each Tuesday at 12:00 noon; however, we appreciate any articles, press releases, etc., that can be brought in on Mondays ... AAN!!!

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Church News - continued...

Reflections...



submitted by
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 Pastor of the Church
 of the Apostles,
 Suffield, CT
 (860) 668-4444 or
 (413) 796-8735

Faith And Failure

The history of the people of God has been a story of boom and bust, of faith and failure. Throughout the Old Testament we read stories of God's people going through these cycles repeatedly. One such instance of God's people entering into a period of faith is found in the Book of Nehemiah.

Nehemiah lived some 450 years before Christ. He was instrumental, along with the priest Ezra, in an awakening of faith among God's people. They depended upon the Law of God, written and proclaimed, to draw God's people nearer to God. That has always been the way God brings about spiritual awakening; there is no other way.

All the people gathered together into the square before the Water Gate. They told the scribe Ezra to bring the book of the law of Moses, which the Lord had given to Israel. Accordingly, the priest Ezra brought the law before the assembly, both men and women and all who could hear with understanding. So they read from the book, from the law of God, with interpretation. They gave the sense, so that the people understood the meaning.

The Bible tells us, so faith comes from what is heard, and what is heard comes through the word of God. The word of God is not the product of human wisdom, nor is human wisdom equal or even comparable to it. The word of God is unique, it is different from all other literature, both ancient and recent. When the word of God is read and preached, the listeners' lives are changed for the better.

The Spirit of the Lord is upon me, because He has anointed me to bring good news to the poor. He has sent me to proclaim release to the captives and recovery of sight to the blind, to let the oppressed go free, to proclaim the year of the Lord's favor.

According to a recent poll, 66 percent of Americans believe in the second coming of Jesus Christ. However, a third of those polled also indicated they never attend church. On the surface, these statistics would appear to contradict one another. Upon reflection, they really don't. That's because some people believe they do not need to bother attending church to get or become closer to God. Some people believe they can be fully connected to God by walking meditatively in the woods, or in the privacy of their own homes. According to God, they're mistaken.

And let us consider how to provoke one another to love and good deeds, not neglecting to meet together, as is the habit of some, but encouraging one another, and all the more as you see the Day approaching. That is what God says about church attendance. The first and most proper response to God's commands should always be to obey, whether or not one agree with or fully understands why God says to do or not do something.

Beyond that, there is another easily understood reason why it is good to do what God says. The dictionary defines "holy" as "spiritually perfect or pure; untainted by evil or sin." God is holy, people are not. By His very nature, God would therefore be unknowable to people, unless He chose to make Himself known to us. Fortunately, for us, He has. If we are to benefit from God's revelation of Himself, we must accept Him as He is and on His terms. That is the way each of us insists we be accepted by the people around us; surely God is entitled to the same respect.

Best local
 news...
 AAN!!!

Roast Beef Dinner At Methodist Church



IN LATE DECEMBER, Agawam Methodist Church held a Roast Beef Dinner. This taste-tempting get-together enabled the church's parishioners to enjoy a hearty meal during the hectic holiday season. Advertiser News photo by Jack Devine.

Weekly News And Notes From Feeding Hills Congregational Church

You are welcome to join with us at the Feeding Hills Congregational Church, which is located at 21 N. Westfield Street in Feeding Hills. Worship hour begins at 10:00 a.m.

The lectionary readings for January 25th, the third Sunday after Epiphany, will be Nehemiah 8:1-3, 5-6, 8-10, Psalm 19; 1 Corinthians 12:12-31a; Luke 4:14-21.

Rev. Donaldson will give a sermon entitled "No Sweat." The Lector will be Rick Kretschmar.

Children should attend worship with their parents, leaving at a designated time for Sunday School; nursery care will be provided for the very young.

The ladies of the church will gather on Saturday, January 24th, for an old-fashioned Quilting Social. Plan to meet at the church at 1:00 p.m.

Bring your favorite project to work on among friends, or just come along. Experienced instructors can help if you are new to the quilting hobby. Call Connie (567-6749) for more information.

Seekers and Joiners class for those interested in becoming members of this church will be held on Thursday, January 29th, at 7:00 p.m.

Call the church office (786-5061) if you are in-

terested in attending. ***

Annual Reports will be available to church members on Sunday, January 25th. The Annual Meeting will take place on Sunday, February 1st.

There will be a covered dish luncheon held that day also. A sign-up sheet is posted in Griswold Hall.

The Board of Trustees will hold an informational coffee time after church this Sunday to try to answer any questions you might have about proposed renovations prior to the Annual Meeting.

On the calendar:

Thursday, January 22nd: 7:00 p.m., A.A.
 Saturday, January 24th: 1:00 to 4:00 p.m., Quilting Social.
 Sunday, January 25th: 10:00 a.m., Worship.
 Monday, January 26th: 4:00 to 5:30 p.m., Girl Scouts; 6:30 to 7:30 p.m., Cub Scouts; 7:00 p.m., Trustees.
 Tuesday, January 27th: 7:00 p.m., A.A.
 Wednesday, January 28th: 7:00 p.m., Choir.
 Thursday, January 29th: 7:00 to 8:00 p.m., New member class; 7:00 p.m., A.A.

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Spotlight On Business

Legal Memo

by
Alan J. Ferrigno, Esq.
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Will You Be Ready For Long-Term Care?

Unfortunately, no one knows who will need long-term care. And since few even want to think about the possibility of entering a nursing home facility for long-term care, too often people wait until they critically need care, or a family member does, to worry about how they will pay for it.

Further, people wait too long or until it is too late to effectively plan for the protection and/or preservation of assets. Thus, all their estates are consumed by the cost of long-term care.

And if you think that Medicare or your current medical insurance will pay for this type of care, think again.

Generally speaking, Medicare will help pay for up to 100 days of service in a skilled nursing facility for **rehabilitation purposes only, not long-term care**. Once you complete the rehabilitation process, or no longer benefit from rehabilitation or exhaust the 100-day limit, Medicare coverage ends. Then one must qualify for Medicaid long-term care coverage, or have private insurance coverage for long-term care or pay for it privately out of a patient's resources.

Depending on where you live, a one year stay in a long-term care facility will cost between \$30,000 to \$60,000 annually. The average daily cost is as much as \$224.00.

To receive Medicaid benefits, you must meet certain eligibility guidelines. Early planning is essential because there is, generally speaking, a three year "look back" period from the date you apply for Medicaid coverage to determine what you did with your assets. Consequently, last minute attempts to transfer assets to others will usually result in disqualification from Medicaid long-term care coverage.

Attorney Alan L. Ferrigno maintains an office at 546 Springfield Street, Feeding Hills.

All the local news with us, each week

Stop & Shop Donation



SUPER STOP & SHOP Manager Emilia Minor donates receipts from the "Food for Friends" fundraiser to Joyce Bresse-Granger, chairwoman of the Agawam Junior Women's Club's recent Holiday Basket Community Project. Advertiser News photo by Jack Devine.

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Winter Bird Feeding

If you've decided to put out a bird feeder this winter, you may want to know more about what birds you'll attract. Here are some common winter birds and the types of foods they eat.

- Cardinals are early-morning risers and they eat suet, sunflower and safflower seeds, peanuts and cracked corn.

- Chickadees gather in small flocks to eat sunflower seeds, niger, suet and peanut butters.

- Finches (purple, pine siskin, goldfinch and evening grosbeak) prefer to eat high off the ground. They enjoy thistle, oil sunflower, peanut heart, millet and suet.

- Jays gather foods for later dining. They eat peanuts, acorns, corn, sunflower seeds and suet.

- Snowbirds (juncos) are ground foragers of suet, cracked corn, peanut hearts, millet and niger.

- Nuthatches walk down trees while upside down. They prefer suet, sunflower seeds and peanuts.

- Sparrows like to scratch the ground for millet and cracked corn.

- Woodpeckers prefer to eat on the side of a tree or feeder. They eat suet, fruit, cracked corn, nuts and sunflower seeds.

For more home-and-family information, call Pam Savioli at 413-748-7565.

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Lower Back Injuries - Ouch!!!

We have all seen the amazing strength, flexibility, and grace in the body movements of a highly trained gymnast. But we rarely stop to appreciate that this movement is only possible when the bones and muscles work together and are held in place by healthy ligaments, tendons, and cartilage.

Without healthy muscle ligaments, tendons, and cartilage, even the simplest everyday movement can result in debilitating pain or injury.

Injury

There are a variety of ways that injury to the lower back may occur: 1) **A herniated disk:** A chronic weakening of the outer sheath of the disk allows the softer center portion of the disk to bulge through, pressing on a nerve exiting the spine and causing severe pain.

2) **A degenerated disk:** Over time the entire structure of the disk has become so weak and thin that it no longer provides the proper separation and shock-absorbing effect between the vertebrae. As a result, the vertebrae develop microfractures and bone spurs and are susceptible to improper movement that may result in painful misalignment. 3) **Weakness of spinal ligaments and tendons:** A chronic weakening of ligaments and tendons may contribute to overall structural instability, making a person susceptible to improper bone movement and painful misalignment. Laxity of ligaments and tendons may also occur in any other joint such as the shoulder, elbow, knee, etc.

The degree of repair and regeneration is greatly dependent on a person's biomechanical functions; i.e., proper bone alignment and joint movement.

Muscle spasm

When injured, we may adjust our posture into a position that will help to relieve the pain and compensate for our poor mechanical function. This, along with poor muscle nourishment, may create muscular stress that triggers spasm, cramping, and muscle pain. It may also cause a worsening of the original injury and greater pain.

Some suggestions to help avoid injury, muscle spasm, and pain:

1. Take care to achieve and maintain your body's optimal biomechanical function, focusing on accurate bone alignment, and proper joint movement.
2. Nourish your various tissues (cartilage, ligaments, tendons, and muscles) with nutrients which may support their ability to heal and their prolonged health and vitality.
3. Exercise regularly, even if it is only a simple range of motion. Movement is essential to accomplish the delivery of nutrients to, and the removal of waste products from, the cells found in the cartilage of the intervertebral disk.
4. Reduce stress as much as is possible. Adequate rest following exercise may help promote thorough delivery of nourishment to the cells of the connective tissues.

Stroke Support Can Be Received At Noble Hospital

Individuals recovery from stroke and their support persons are invited to attend support group meetings at Noble Hospital, 115 West Silver Street, Westfield on Wednesday, Feb. 4th and Wednesday, February 18th from 5:30-6:30 p.m. in the hospital's Bronson Rehabilitation Center Dining Room.

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Nancy Dell To Speak On "Fat Reduction" At Fitness First

Are you tired of your body's shape? Do you want to do something about it? Come hear TV22's Registered Dietitian, Nancy Dell and Fitness First's General Manager, Barb Vinciguerra speak on "Fat Reduction: Myths & Realities."

The seminar will be held at Fitness First in Feeding Hills on Tuesday, January 27th from 7:00-8:30 p.m. Both speakers will address the questions, "Will eight glasses of water each day reduce fat?", "Are there safe diet pills that will help me to lose weight?", "Will skipping a meal help me to reduce weight?", "If I cut back on calories, is that enough?", "Do I need to exercise to lose weight?", and "Is strength training important or can I do just do cardio?"

Learn the answers to these questions and get many more tips on how and why you should reduce fat in your life. There is a \$5 fee per person payable at the door. Please call Fitness First to reserve your seat as seating is limited at 786-1460.

Drug, Alcohol Support At Providence Hosp. On Wednesday Nights

Providence Hospital offers a weekly support group for parents of children with drug or alcohol abuse problems. The group meets Wednesdays, 7:00-9:00 p.m., at the hospital, 1233 Main St.

The meetings provide an opportunity for parents whose children are currently involved with substance abuse, or have been in the past, to share ideas on how to deal with the problem. There is no charge for the sessions.

The substance abuse services of Providence Hospital are part of Sisters of Providence Behavioral HealthCare (SPBHC). For information on the support group, call Karen Walsh Plo, M.S.W., L.I.C.S.W., Administrator, SPBHC Outpatient Substance Abuse Services; or Bob Pisani, M.S., Coordinator, SPBHC Adolescent Intensive Day Treatment Services, (413) 493-2032.

Childbirth Education At Mercy Hospital Starts January 24th

Parents-to-be can prepare themselves for the big event by taking part in childbirth education classes offered by the Family Life Center at Mercy Hospital.

A four-week class begins Saturday, January 24th. Meetings will take place from 2:00-5:00 p.m. in the Women's Pavilion at Mercy Hospital, 299 Carew St.

The program prepares expectant parents for the birth of their baby, providing information on the physical and emotional aspects of pregnancy, labor, delivery, and baby care. Relaxation and breathing techniques will be explored in-depth.

Cost for the series is \$50, and advance registration is required; for more information, call (413) 748-7295.



Food for Thought

by Nancy Dell
Registered Dietician

Shed Those Holiday Pounds

We all get a lot of sweets and gifts over the holidays. Those extra pounds you may have gotten for Christmas this year probably weren't on your wish list.

But like most unwanted gifts, they are returnable. Researchers say there's an easy way to cut calories from your daily diet without feeling hungry; simply by adding items to your grocery list that will fill you up - not out.

- First on the list are fruits and vegetables. They'll give you more food for fewer calories. They're high in fiber, so you'll feel full faster.

- Eat more spices. A little salsa can add a lot of flavor to a baked potato, and for few calories.

- Fill up on liquids, lots of them, including soups and stews.

- Add color for food satisfaction. "If you think about white fish and white rice on a white plate, who wants to eat that?", says Dr. Sandy Goldberg. "Warm colors add appeal to your food, so pick red peppers instead of the green ones."

- If you need willpower, look for a new **over-the-counter** appetite controller due out this month. It's called "App-signal" and was developed at UCLA. Simply put, the researchers isolated the components of a steak dinner and hot fudge sundae that normally travel to the brain to say "stop eating." They put those components in a wafer for just 25 calories. Four double blind studies to date show that 80 percent of people eat less when taking App-signal.

- You can still have sweets, just grab low-fat yogurt instead of ice cream and limit it to one serving.

"All you have to do to shave 10 pounds off during the course of a year is to delete 100 calories a day from your diet. It's fairly painless," Goldberg says.

So sink your teeth into high fiber, low fat foods. Making this switch will drop about 300 calories a day for the average American diet. Besides cutting calories, a high-fiber diet like this also helps prevent cancer, heart disease, and digestive illnesses.

Nancy Dell, MS, is a registered dietitian in private practice in Feeding Hills and the media representative for the Massachusetts Dietetic Association.

Diabetes Help At Noble Hospital

Noble Hospital, 115 West Silver Street, Westfield will offer a support group meeting open to all suffering from diabetes and their support persons on Tuesday, January 27th at 1:00 p.m.

The meeting will be held in Conference Room A. Heidi Kolek, M.D. will be speaking at this meeting about stomach disorders and the diabetes patient.

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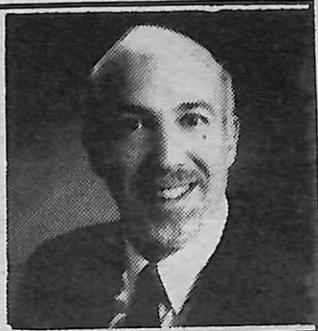
MOONLIGHT
MADNESS



For Your Health - continued...

Managing YOUR STRESS

by Dr. Stephen Sobel
M.S., S.M.C.



Treat Yourself Like You Are The CEO

Dear Dr. Sobel: I want to wish you a happy and prosperous New Year! I read your columns whenever I can and share them at work. I am in my mid-40's and have had a few health problems and career problems recently.

In fact, there were days I would do much of nothing! I need your advice on how to deal with all the responsibilities I have with starting a new career (I start my new job the end of January) and dealing effectively with my family's needs?

Thanks,
M.L., Agawam

COMMENTS: Thanks for the kind letter. I would say that you need to make your emotional and

Mercy Hospital Offers Pulmonary Support Starting Jan. 28th

Mercy Hospital's Pulmonary Support Group will meet Wednesday, January 28th, 1:00-3:00 p.m. in the hospital's Deliso Conference Center, 299 Carew St.

The free group is co-sponsored by the Lung Association, and is designed for those who feel physically or emotionally limited by breathing problems such as asthma, chronic bronchitis, and emphysema.

Meetings offer individuals, their families, and friends the opportunity to share problems and solutions. An informal social period with refreshments is also part of each session.

For more information, call Cardiopulmonary/Neurology Services at Mercy Hospital, (413) 748-9610.

physical health YOUR number one priority. Without that focus, nothing will last!

Believe it or not, should something (that you may be able to prevent) happen to you, life goes on!!! Too many well intentioned individuals do not commit to their own quality of life program. You need to be in essence, your own CEO! Chief executive officers of major companies tend to treat themselves with a great degree of care and "an air of importance."

These can be positive attributes for most of us. Make the choice to do the things that enhance health and well-being on a CONSISTENT basis. Do not wait for tomorrow! List what things you have to emphasize in your life. When you take care of yourself, you are actually able to take better care of others!!!

SPECIAL OFFER TO AAN READERS: Write to Dr. Steve Sobel, 1200 Converse Street, Longmeadow, MA 01106 and request his published article on "THE CHANGE READY PERSON."

Also request a listing of seminars coming in March that you can attend! (3/5/98 evening - "IF YOU AREN'T LAUGHING, YOU ARE PROBABLY NOT LIVING! A UNIQUE SEMINAR DESIGNED TO REDUCE TERMINAL SERIOUSNESS, DECREASE STRESS and UPLIFT YOUR LIFE." \$10.00 per person). You can also call 565-5000 for information.

Dr. Sobel can also speak to your school group, business group, or professional group.

New Year Resolutions About Weight Loss At Fitness First

Each year, millions of Americans make resolutions to lose weight and get into shape! But, are they realistic goals?

Do you set a goal to lose too much weight or be someone you were 10 years ago? Get serious. Get realistic goals!

"Realistic Resolutions" will give listeners the boost needed to get and keep realistic goals, get a positive attitude, and maintain everything throughout the year!

Get a fresh start on Thursday, January 29th, 7:30 p.m. at Fitness First in Feeding Hills. Call to reserve your seat at 786-1460. Free and open to the public!

"Heart-Smart" Recipe From Heart Association

The following recipe is recommended by the American Heart Association to be part of an overall healthful eating plan. Total fat intake should be less than 30 percent of your total calories for a day - not for each food or recipe.

Spanish-Style Scrambled Eggs

1 teaspoon acceptable* vegetable oil
1 small ripe tomato, finely chopped
1 green onion, finely chopped
Egg substitute equivalent to 6 eggs, or whites of 6 large eggs
1 tablespoon low-sodium salsa or picante sauce
Freshly ground pepper to taste
1 tablespoon minced fresh cilantro or parsley
Fresh cilantro or parsley sprigs (optional)
1 tomato, cut into wedges (optional)
In a large nonstick skillet, heat oil over medium-high heat. Add tomato and onion and saute until onion is soft, 1 to 2 minutes. Reduce heat to low. In a bowl, combine egg substitute, salsa, and pepper. Beat until frothy.

Add egg mixture to skillet. Cook over low heat, stirring occasionally, until almost set.

Add minced cilantro and stir until eggs are fully set. Garnish with cilantro sprigs and tomato.

Serves 3.

(* Use canola, corn, safflower, soybean, sunflower, sesame, or olive oil.)

Nutrient Analysis Per Serving

81 kcal Calories	12 gm Protein
5 gm Carbohydrate	0 mg Cholesterol
242 mg Sodium	2 gm Total Fat
0 gm Saturated Fat	1 gm Polyunsaturated Fat
0 gm Monounsaturated Fat	

American Heart Association Low-Fat, Low-Cholesterol Cookbook, Second Edition,

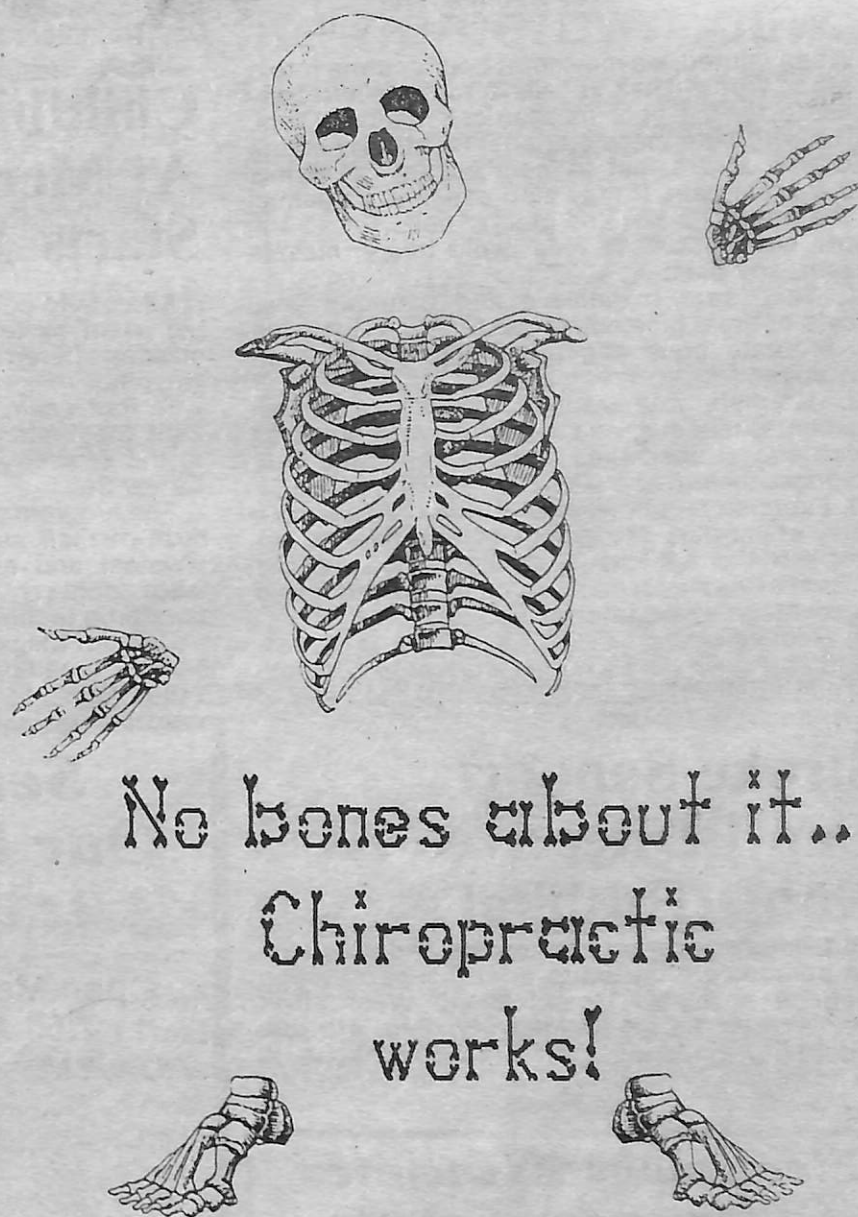
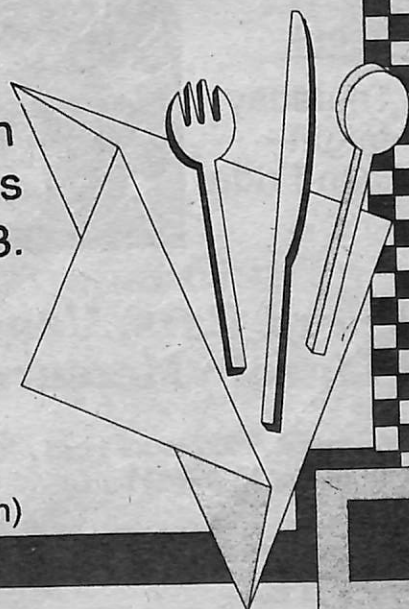
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February 2 at 6 P.M.
Menu includes: Spaghetti, Meatballs, Sausage, Bread, Garden Salad, Bread Pudding, Coffee, Tea and Fruit Drink.
Reservations are recommended but not required. Tickets are \$6.00 for adults and \$3.00 for children under 12.

Spaghetti Supper at St. David's

Tickets are available in advance at all Services or by calling 786-6133.

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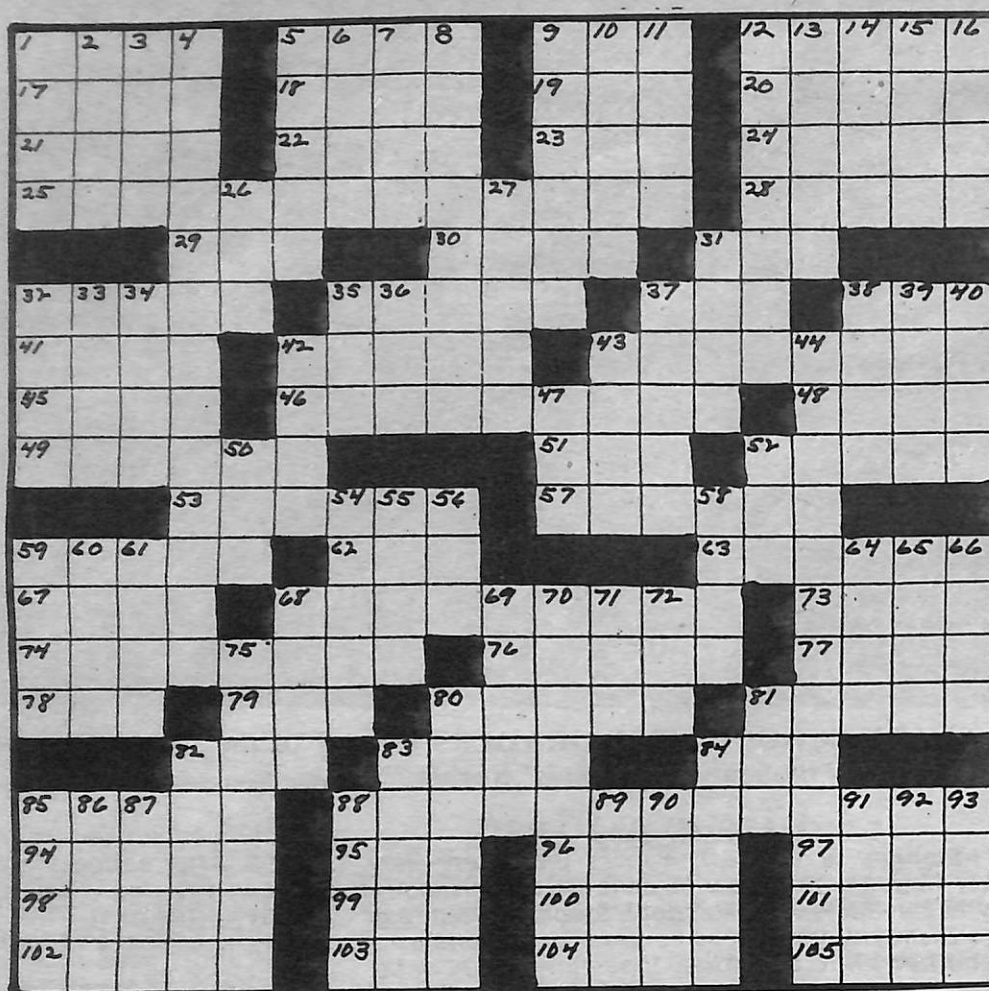
ACROSS

- 1 Kick
- 5 Nonsensical talk
- 9 Double (prefix)
- 12 Writer St. John
- 17 Headstrong
- 18 Volcanic flow
- 19 Come out on top
- 20 Rod of Tennis
- 21 Major add on
- 22 Part of U.S.A. (abbr.)
- 23 Lyric poem
- 24 "Once upon —"
- 25 Emerald City conjurer
- 28 Bartok and Lugosi
- 29 Follower prefix
- 30 Winter covering
- 31 Ill-mannered chap
- 32 Crosses
- 35 Clear sky
- 37 Walmart's Walton
- 38 Wag inducer
- 41 Related
- 42 Roman hallways
- 43 Chess player's forte
- 45 Islands (Fr.)
- 46 "— of the Apes"
- 48 Junky car (slang)
- 49 Spring back
- 51 Kipling's Gunga
- 52 Feel
- 53 Carmelite members
- 57 Plug
- 59 Blemishes
- 62 Coral or Yellow
- 63 Muscat people
- 67 "— camera"
- 68 "— and the Sea" (Hemingway book)
- 73 Vision prefix
- 74 Wind-blown snow
- 76 Speechify
- 77 Irwin of golf
- 78 Inner ear part
- 79 Bed and board spot
- 80 Make a point
- 81 Here or there fol-lower
- 82 Tippy one
- 83 Trade
- 84 Part of TGIF
- 85 Proofreader's mark
- 88 Western Hi-Hoer
- 94 Slur over in speech
- 95 Anger
- 96 Fairway warning call
- 97 Pedestal part
- 98 "— of the arts"
- 99 Allow
- 100 Gad about
- 101 All tied up
- 102 Ogles
- 103 Ames and Asner
- 104 Backtalk
- 105 California rockfish

DOWN

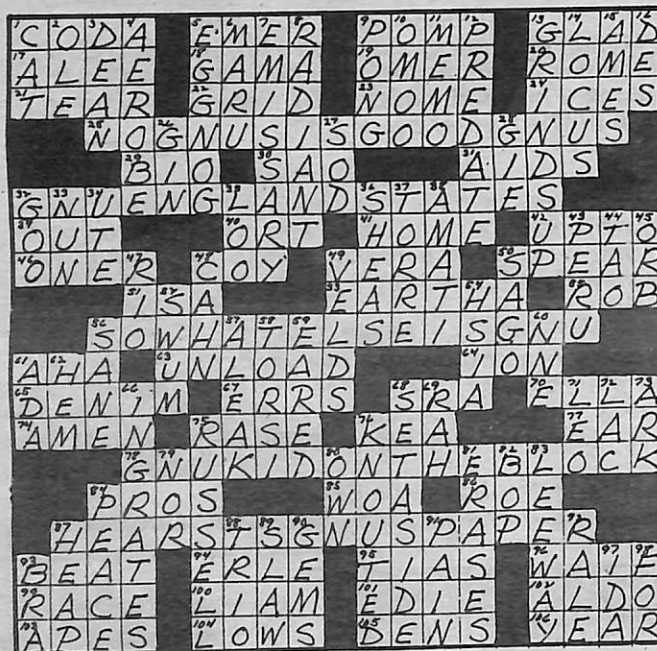
- 1 Author Harte
- 2 Vow
- 3 Bone (prefix)
- 4 H. Wouk novel
- 5 Burn vigorously
- 6 Holy man
- 7 State strongly
- 8 Privation
- 9 "— the price of one"
- 10 "Black —"
- 11 Mother of Don Juan
- 12 C & W singing group
- 13 Passe
- 14 Malignant
- 15 Champagne Tony
- 16 God of war

MEET THE MASTER — by Dick Mastroianni



- 26 "— not my fault"
- 27 Tatum or Ryan
- 31 Dray
- 32 Roll up
- 33 Vault's rod
- 34 Actor Baldwin
- 35 Ethiopia (abbr.)
- 36 Turin three
- 37 Pool member
- 38 Hammer end
- 39 Oriental potentates
- 40 Sort
- 42 Husband of Gudrun
- 43 Fit of temper
- 44 "Leatherstocking" tale
- 47 Sale announcers
- 50 Tax agency
- 52 Total amount
- 54 Pale in color
- 55 Sandpipers
- 56 "— Paulo"
- 58 Cornbread
- 59 Drum corps instrument
- 60 Tra —
- 61 Siberian river
- 64 Like Felix Unger
- 65 He (Latin)
- 66 ESP user
- 68 Shade
- 69 Train type
- 70 Palisades (2 words)
- 71 Blemish
- 72 Devoured
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One-Act Plays At Westfield Theatre January 23d & 24th

The Westfield Theatre Group, a department of the Westfield Woman's Club, have rescheduled its sixth annual evening of one-acts to January 23rd and 24th at 7:30 p.m.

This evening will feature three one-acts, all directed by members of the Westfield Theatre Group Board of Directors.

The first show, "Actor's Nightmare," is directed by Kathi Palmer. It features Mike Tesini, Shelley Haber, Kim Lynch, Mary Alison Arnold, and Tom LeCourt, a newcomer to the WTG stage. The show describes every actor's greatest nightmare; getting on stage and not knowing his lines, or even which play the performer is doing. This hilarious comedy will bring laughter and tears to anyone who sees the show, and a few moments of panic to anyone who has ever been on stage.

A second show, "Fantasy on an Empty Stage," will be directed by Mary Ann Soognamiglio. This show features Christopher Frank, Monica Locklin, and Bob Martin, along with Adam Bradley Maxfield, Evan Breitung, and Ann Garner. It is the story of an author and his attempts to change the lives of others by "rewriting" their stories in his mind. It is an "eye view" of what the author thinks should happen.

The third show, "Mirrors," is directed by Elisa A. Martin. This show features Ernie and Rose Desroches, Amber Daniels, and Bill Wood, along with newcomers to the Westfield stage, Alexandra Walters and Shaun Barry. "Mirrors" reflects the author's idea of reality versus non-reality. It tries to answer the questions of what is real and what is not. Can anyone ever answer that question?

All three shows are of a more mature nature, and probably not suitable for young children. The shows will be performed at the Westfield Woman's Club, 28 Court Street. Tickets are \$5 for adults, \$3 for students and seniors. Reservations may be made by calling the Westfield Theatre box office at 572-6838.

Mid-Winter Night To Be Warmed By Springfield Symphony

In a chilly time of year like this, A Warm Mid-Winter's Night is just what the Maestro ordered. On February 7th, the Springfield Symphony Orchestra will feature music to warm the soul.

The 8:00 p.m. program will include "Summer" from Vivaldi's *The Four Seasons*, *Italian Serenade* by Wolf, Mendelssohn's *Symphony No. 4 ("Italian")*, and the World Premier of *Five Seasons* by American composer Michael Abels.

Abels, who will attend the premiere of "Five Seasons" on February 7th, has had his original work featured by some of the finest symphonies around the world, including the Chicago, Phoenix, and Houston Symphony Orchestras, and the National Symphony of South Africa. This will be his third appearance in Springfield.

Tickets for the concert are available at the Springfield Symphony Orchestra Box Office, 75 Market Place, downtown Springfield, or charge by phone (Visa, Mastercard, Discover) at 413-733-2291.

Ticket prices range from \$7 to \$35, and a 25 percent discount is available for groups of 10 or more. The Springfield Symphony Orchestra invites you to "be an ear witness" and warm-up with A Mid-Winter's Night on February 7th at 8:00 p.m.

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Please send resume by January 28, 1998 to Agawam Public Schools, Mr. Donald J. Charest, Associate Superintendent, 1305 Springfield Street, Feeding Hills, MA 01030.



Education



"Snowballs"

James Clark School, 1st Grade
Teachers Joyce Rheame & Gail Curnow

The students in first grade at James Clark School listened to the story "Snowballs" written by Lois Ehler.

This story inspired the students to bring in "good stuff" from home as well as use the school's "good stuff" to create their own snow creature.

After they created their snow creatures, the students began writing about them.

Ronnie & Bosker

I built a snow man. I named him Bosker. He is eight. When the seasons change, we took him to the airport and rushed him to the North pole. And he did not melt.

Ronnie Cabana

Nichole & Pups

Pups and me like to play. Pups is six. Pups and me like to eat pizza. And then Pups goes to school.

Nichole Pelletier

Dusty Jumps!

First we got Dusty when he was a puppy. He is black and white. Now he is 1 year old and very big! He jumps and barks a lot. My neighbor can hear him! Dusty sleeps in my Mom and my Daddy's room. I love my pet, Dusty.

Brooke Quesnel

Kel My Snow Girl

Kel is 7 and goes to James Clark School and is in first grade. She has lots of friends and lives in a big house. Then she leaves to play ball. Finally she is friendly. She has two dogs named Bailey and Yager.

Kelly LeGrand



CLARK SCHOOL FIRST GRADERS listened to the story "Snowballs" and then wrote down their thoughts for a "Kids' Korner." Advertiser News photo by Jack Devine.

Stephen, My Snow Boy

Stephen is 7! Stephen loves pizza very, very, very much with pepperoni on it. Stephen is in first grade at James Clark School. Stephen loves to go to Disney World. I hope he never ever melts away and turns into a puddle.

Stephen Berselli

A Reindeer

First he is a fawn. Next he gets bigger. Then he grows antlers. Finally he is a deer.

Lucas Zielinski

My New Snow Boy, Mike

When my new friend came over, we watched TV together, and played a game. Then we had a snack. I hope he never melts away, so I will keep him in the freezer every night.

Kyle Farrelly

Harmony Cat Dorans

Harmony is nice. She found paper bags. Then she brought her toys there and she slept there at night. Finally, she found plastic bags and she rested there in the day.

Kim Dorans

Mike's Life

He was a snow boy of five years old. He learned to play baseball. Mike likes to go camping. We really like to go sledding. One day he starts to melt and becomes a puddle full of good stuff.

Steven Fiedler

Lizzy, the Snow Puppy

Lizzy is a one year old snow puppy. One day Liz-

zy climbed a tree. Up in a tree, Lizzy next ate a worm. After eating the worm she climbed up farther in the tree. Then she found a nest and ate some of the nest. Then she climbed down, went into the house, and took a nap.

Stephanie Walker

Ashley My Snow Cat

First Ashley is newborn. Next Ashley is eating tuna fish. Then she took a nap in the cellar. Finally she plays with Fred Fish.

Brendan O'Brien

Tommy, the Snow Boy

Tommy is a two year old snow boy. The first thing Tommy learned to make was snowballs. He liked to throw them in the air. One of the snowballs fell on him. So Tommy had to get all the snow out of his hat. So he went inside because he was cold, but once inside he melted.

Joey Shukes

Max

Max is a snow boy. Max was born on April 12th. He cried a lot as a baby. Max next learned to jump on the trampoline. Max was not a good trampoline jumper. So Max then tried to drive a car, but he crashed it. He got hurt and was in the hospital for 8 months. When Max finally got out, he learned how to drive the right way.

Steven Klimczak

SEE KIDS' KORNER - Page 25...

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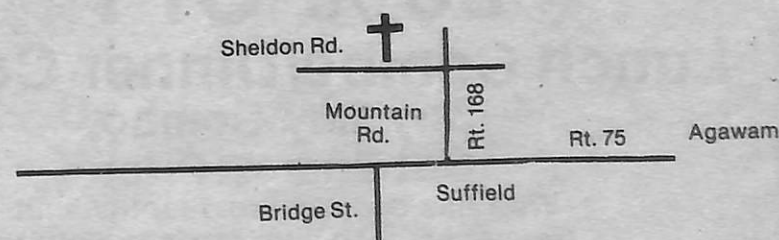
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CLARK SCHOOL FIRST GRADERS listened to the story "Snowballs" and wrote down their thoughts about the story for a "Kids' Korner." Advertiser News photo by Jack Devine.

KIDS' CORNER - from Page 24...

My Snow Girl Amy

Amy is a three year old snow girl. Amy has learned to talk. Amy talks a lot! She talked so much that Amy lost her voice. So then I took Amy to the doctor and he gave her pizza. Amy did not get her voice back, so then he tried medicine. The medicine worked and Amy got her voice back and said "Thank Goodness."

Alycia Kozak

My Snow Dog Snowball

My snow dog named Snowball threw snowballs when he was a baby. When he was three years old he ate food. He rode on a horse when he was five. Then he was a teenager and he patted a hen. Finally when he grew up he was cool!

Joey Wetmore

Flipidy; Flip My Snow Boy

When he grows up his job will be serving burgers but he got kicked out. Then he got a new job as a store worker. Finally he was a good sales man.

Ian Lewis

The Dogs Life

When he had a bike, he rode the bike. When he rode the bike he had the wind in his hair. Then Jordan found a skate board.

Justin Chartier

Kim Sapelli, My Snow Girl

First she was a baby, I was happy she was born! Then she started to grow up! She loved to rock on her horse and play horsies. Then she becomes a teenager and plays soccer. I want to save my snow girl for next winter in the freezer.

Laura Sapelli

The Dog

First puppy liked to play ball. He grew up. He couldn't play ball anymore. Finally big dog could play a different game.

Denise Gates.

Patch Follows Me Everywhere

When I go down to the bus stop Patch follows me. When I go to my friends house Patch follows me. So I chase her back home. But she still comes to me. So I just let her stay with me.

Cori Geiger

My Beautiful Snow Girl

First I built a snow girl. Next I named her Denise. She looked very pretty when she was done. Finally I got to see all my hard work done.

Regina Sibilia

Pongo

Pongo is 7, he is a big dog. He jumps on your back and does the hula! Then he eats all of his chew toys. My Dad had to get rid of Pongo, it made me sad.

Nick Sarnelli

Shebop the Snow Dog

First she was a baby dog and she grew up. Then she was a medium sized dog. Finally she was a parent dog and had 2 puppies. We were able to keep them and we called them Sissy and Missy. I love Shebop my snow dog.

Corinne Lewis

Snow Cat

First I built my snow cat out of snow. Next I rolled home into three snowballs. Then I decorated him with special things. Finally I gave him a name, Wiskers.

Kim Krapf



CRAIG JENDZA

Craig Jendza Wins Geography Bee At Junior High School

On January 13, 1998, 31 finalists from both seventh and eighth grades at Agawam Junior High School competed in a double elimination round to determine the Junior High champion of the National Geography Bee.

Because of the competitive nature of the contest, it took well over an hour for a winner to emerge. Congratulations to eighth grader Craig Jendza, the winner of this contest!!

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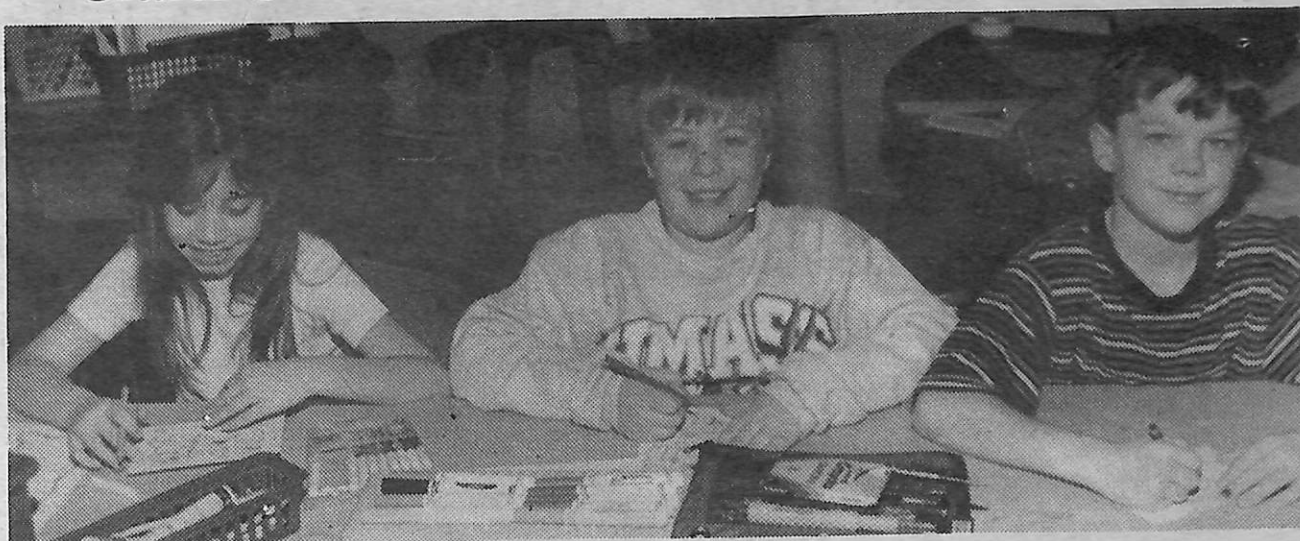
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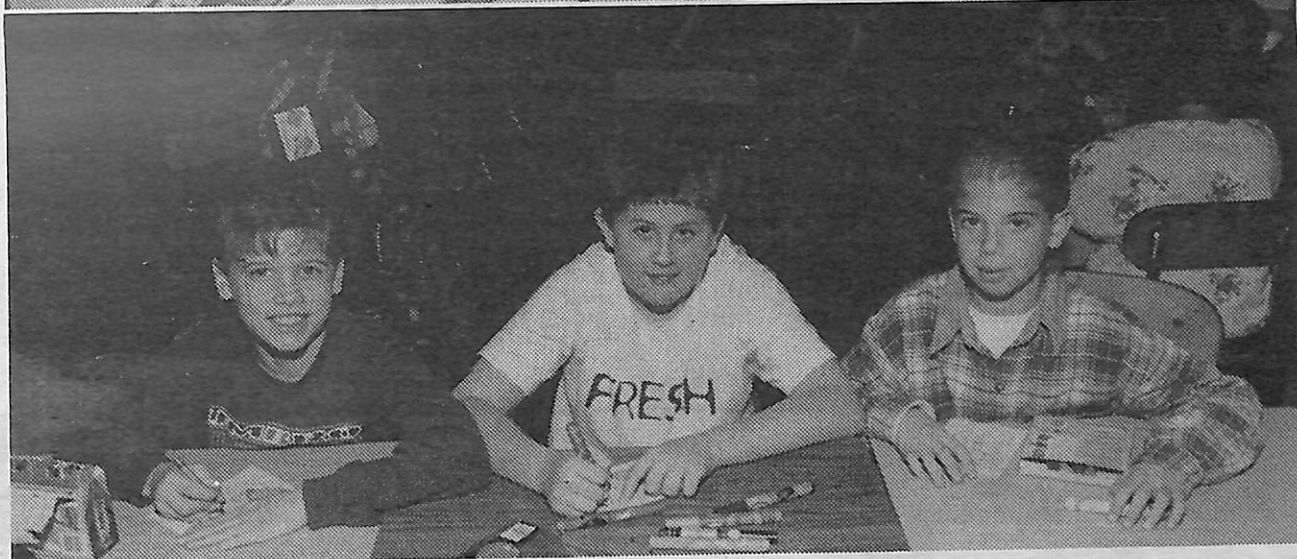
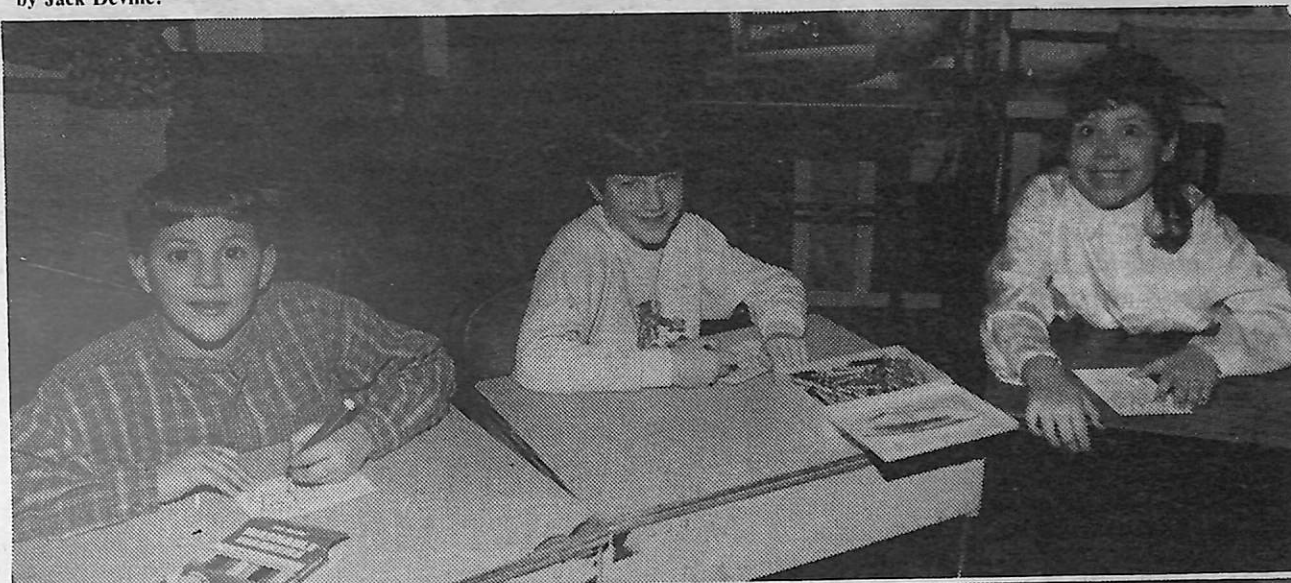
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Clark School Third Graders Help Tiny Tim



CLARK SCHOOL THIRD GRADERS TOOK TIME out from their busy schedules right before Christmas making cards for the "Tiny Tim" Program for the children at the Springfield Shriners Hospital. IN TOP PHOTO - Stephanie Gingras, Evan Westcott, and Stephen Farrelly. MIDDLE PHOTO - Nicholas Roberts, Bradley Johnson, and Shana Braga. BOTTOM PHOTO - Nico Connor, Steven Donah, and Anthony DePalma. Advertiser News photos by Jack Devine.



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Agawam Schools' Weekly Lunch Menu

Monday, Jan. 26th: Pepperoni pizza, tossed garden salad w/creamy Italian dressing, chilled peaches, milk.

Tuesday, Jan. 27th: Hamburg in roll, steamed parsley rice, seasoned green beans, pineapple tidbits or raspberry jello w/topping, milk.

Wednesday, Jan. 28th: Rotini w/meatsauce, garlic bread, seasoned broccoli cuts, chocolate brownie or fruit cup, milk.

Thursday, Jan. 29th: School-made meatballs w/brown gravy, whipped potatoes, seasoned carrots, wheat bread and butter, chocolate pudding w/topping, milk.

Friday, Jan. 30th: Grilled cheese sandwich, oven potato puffs w/catsup, niblet corn, chocolate cake w/vanilla icing, milk.

Agawam Troop 581 At Springfield Blizzard For Girl Scout Night

Over 1,600 Pioneer Valley Girl Scouts, including Agawam Troop 581, will attend "Girl Scout Night" at the New England Blizzard game at the Springfield Civic Center on Saturday, January 24th.

The Blizzard will tip-off against the Philadelphia Rage at 7:00 p.m. Springfield Junior Girl Scout Troop 381 will serve as the Bliz Kids, the on-court volunteers during the game.

Pioneer Valley Girl Scouts will also host a pre-game reception from 5:30-6:30 p.m. at The Falcon's Ledge inside the Springfield Civic Center, giving special recognition to women coaches, women physical education teachers, and women athletic directors.

On the following day, Sunday, January 25th, all participating Girl Scout troops are invited to a Blizzard practice and autograph session from 4:00-5:00 p.m. at the Western New England College Healthful Living Center.

The exciting events are just some of the activities organized by the Pioneer Valley Girl Scout Council to celebrate the Girls Scouts of the U.S.A.'s 1997-1998 initiative, GirlSports (Girls plus Sports equal A Winning Team). The Pioneer Valley Girls Scout Council is promoting girls' participation in sports, while emphasizing overall fitness, nutrition, health, safety, leadership, and teamwork.

Eric R. Clark Named To Dean's List

Feeding Hills student Eric R. Clark, an English major, has been named to Dean's List at UMass Dartmouth for the fall 1997 semester.

To be eligible for the Dean's List, students must maintain a GPA of 3.2 or higher out of a possible 4.0.

Happy
Sweet 16,
Kelly!



Love,
Mom, Dad & Lauren

At The AHS Band Auction...



THE AGAWAM HIGH SCHOOL BAND held its Annual Auction on Monday, January 19th, at Sacred Heart Church. IN TOP PHOTO - band members Tony Albro, Michael Federico, Michael Krapf, and Danielle Sienkiewicz. MIDDLE PHOTO, from left - Tammy Watson, band director; Donna Shaw, 1st vice-president; Judy Clini, treasurer; and Julie Smits, Fundraising organizer. BOTTOM PHOTO - John Bitgood, Dan Shaw, Angie Gontzaruk, and Matt Norris. Advertiser News photos by Jack Devine.



PLEASE REMEMBER that our deadline is every Tuesday at noontime. We open weekdays at 6:30 a.m. Thanks.

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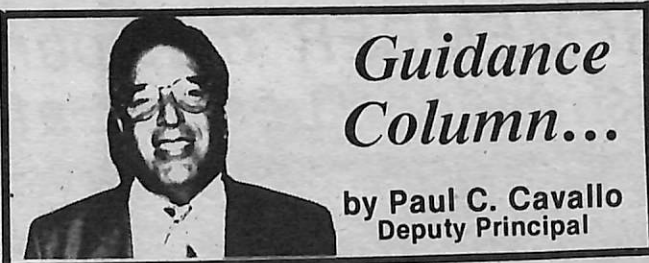
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Guidance Column...

by Paul C. Cavallo
Deputy Principal

Mid-Year Exam Schedule...

Mid-year examinations will be administered to grades nine through 12 in all subjects on Monday, January 26th, Tuesday, January 27th, and Wednesday, January 28th. The second semester begins on Thursday, January 29th.

The examination schedule is as follows:

*** Monday, January 26th:**

- Period I, 7:25 a.m. - 9:05 a.m.
- Period II, 9:10 a.m. - 10:40 a.m.
- Period III, 10:45 a.m. - 12:15 p.m.

*** Tuesday, January 27th:**

- Period IV, 7:25 a.m. - 9:05 a.m.
- Period V, 9:10 a.m. - 10:40 a.m.
- Make-Up Exams, 10:45 a.m. - 12:15 p.m.

*** Wednesday, January 28th:**

- Period VI, 7:25 a.m. - 9:05 a.m.
- Period VII, 9:10 a.m. - 10:40 a.m.
- Make-Up Exams, 10:45 a.m. - 12:15 p.m.

For students who have to make up a mid-term examination on either Tuesday or Wednesday, two late busses will be available (one for Feeding Hills, one for Agawam). Also, sandwiches and milk will be available for students until 12:15 p.m. each day.

We have told students that the mid-term exam should be taken very seriously, for it counts for 20 percent of the semester grade. It is a great opportunity for students to raise their grade average.

Report cards are tentatively scheduled to be issued on February 6, 1998.

Parents should be starting to complete Profiles and FAFSA's. Parents should have called the 800 number by now for the Profiles in order to receive an application. If you have any questions, call the financial aid office of the college to which your son/daughter is applying.

GUIDANCE BULLETIN

COLLEGE ACCEPTANCES: Congratulations! Cheryl Lanier: Western New England College, Westfield State College.

Jennifer Zerra: Suffolk University.

Jennifer Smist: University of Massachusetts at Dartmouth.

Julie LaFlamme: Springfield College, Sacred Heart University.

Jessica Ferris: Sacred Heart University.

Lindy Gage: University of Rhode Island.

Jessica DeGray: Suffolk University.

Joseph Ieraci: Westfield State College.

Raena Major: Culinary Institute of America.

SCHOLARSHIPS: See your counselor for more information or an application.

Community Foundation of Western Mass. Scholarship: The following scholarships are available through this program:

James Z. Naurison Scholarship: Open to residents of Hampden, Hampshire, Franklin, and

Berkshire Counties in Massachusetts, as well as Enfield and Suffield, Connecticut. Awards range from \$400 to \$2,000 and are renewable for up to four years.

James W. Colgan Loan: Applicants must be residents of Massachusetts for the past five years. Loans range from \$1,500 to \$2,000 and are interest-free if repaid within the guidelines of Fleet National Bank.

African-American Achievement: For African-American residents of Hampden, Hampshire, or Franklin Counties who plan to attend a four-year college. Several loans are awarded annually and can be repaid through community service.

Joseph Bonfitto Scholarship: For a graduating senior from Agawam High School who is pursuing a career through higher education in creative design, advertising, or the arts.

Stanley Ciejek Scholarship: This scholarship was established to benefit students from Hampden, Hampshire, and Franklin Counties who will be attending Massachusetts institutions of higher education.

Louis and Mary Doherty Scholarship: For students from Hampden, Hampshire, and Franklin Counties who plan to attend college. Several scholarships of \$4,000 to \$5,000 are awarded annually.

Horace Hill Scholarship: For children and grandchildren of the members of the 25 Year Club at the Springfield Newspapers.

Kimber Richter Family Scholarship: One scholarship of \$500 will be awarded annually to a student of the Baha'i faith who plans to attend college.

James L. Shriver Scholarship: Established by the Greater Springfield Chamber of Commerce to provide scholarships to Western Massachusetts students pursuing technical careers through college, trade school, or technical school.

(The deadline for all of the aforementioned Community Foundation Scholarships is April 15, 1998.)

Hampden County Improvement League Scholarship: Open to students who have been residents of Hampden County for at least two years, who have current or previous involvement in an agricultural endeavor, and who plan to attend college. Deadline: April 1, 1998.

Skirball Essay Contest: Essay theme: "Drawing on your study of American history and literature, consider to what extent we have learned to judge people not by the color of their skin but by the content of their character." Deadline: March 9, 1998.

Westfest Scholarship: In order to be eligible for this scholarship, the student must show a genuine interest in the arts such as dance, music, writing, culinary arts, film/video, etc. Applicants will be evaluated upon merit, talent, consideration of the applicant's genuine interest in the arts, recommendations, community activities, and other relevant information. Deadline: March 1, 1998.

Rebekah Assembly of Massachusetts Memorial Scholarship: Open to qualified seniors who plan to further their education at a two- or four-year college. Based on need, student's goals, letters of reference, and academic record. Deadline: March 10, 1998.

Deborah A. Struck On Dean's List

Deborah A. Struck of Agawam has been named to the Dean's List for the fall semester at Springfield Technical Community College.

Mrs. Struck is majoring in medical assisting technology and is a full-time student. She also operates a small housecleaning service.

She is the wife of Craig Struck. The couple have one child, Nicole, a fifth grader at the Agawam Middle School. The Strucks are also hosting Wendy Gonzales, an exchange student from La Paz, Bolivia, for the 1997-1998 school year.

Mrs. Struck is the daughter of Bernie Gustafson of Wilbraham and Josie Veto of Agawam.

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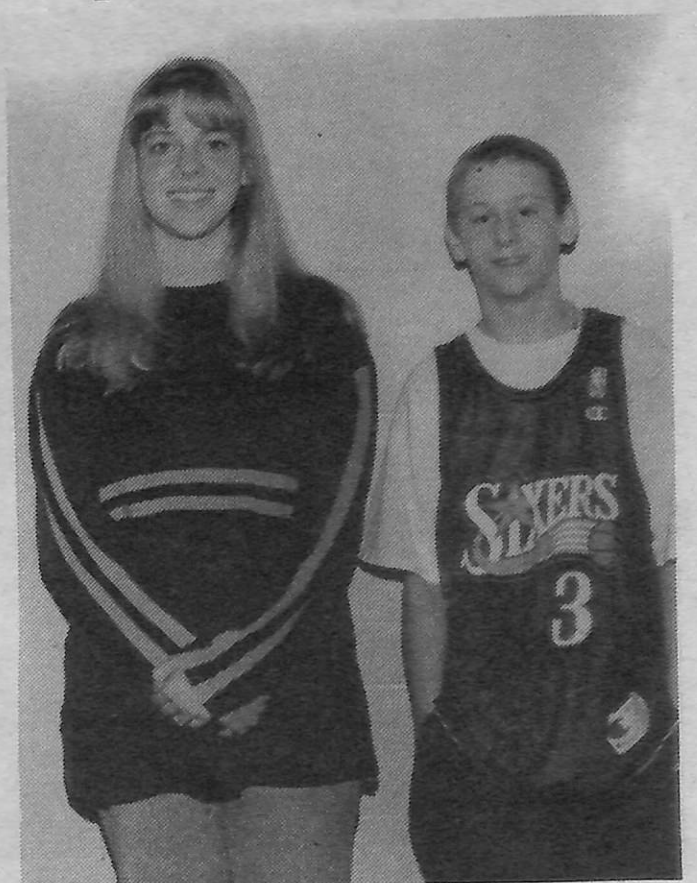
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Top Phys. Ed Students



PHYSICAL EDUCATION "Students of the Month" for December at the Agawam Junior High were Brittany Shields and Tim Sullivan.

Advertiser News photo by Jack Devine.

Children's Center Preschool To Hold Jan. 29th Registration

Registration for The Children's Center preschool will take place on Thursday, January 29th at 7:00 p.m., for September enrollment.

Children who are two years, nine months of age by Sept. 1, 1998 are eligible to enter into the two-day program. Children who are four years-old by Sept. 30, 1998 are eligible to enroll in the three-day program. There is a \$25 registration fee due upon registration.

The Children's Center is a structured preschool that has served Agawam and surrounding towns for 22 years. The program strives to teach children social interaction skills, creativity, decision-making, and problem solving, within a structured environment.

If you would like to visit our school, please call Robin Jensen at 789-2261 for an appointment. The Children's Center is a State Certified preschool located in the Agawam Methodist Church, across from Agawam High School.

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Scout Troop 78 Helps Hungry & Homeless



BOY SCOUT TROOP 78 of Agawam recently participated in the Pioneer Valley Council's Annual "Scouting for Food." This is where Cub Scout Packs and Boy Scout Troops were asked to collect food door-to-door for the hungry and homeless. This year Troop 78, with the help of the Agawam Women's Club, collected over 650 cans of assorted canned goods and over 125 boxed items. The boys of the troop would like to thank everyone who contributed, and especially the Agawam Women's Club for its generous contribution. All food was given to the Open Pantry of Western Mass. Advertiser News photo by Jack Devine.

Jr. High PTO News & Notes

Agawam Junior High School PTO President Patrick Decoteau convened the December meeting at 7:30 in the school cafeteria.

A motion was made, seconded, and passed to accept the November meeting minutes with a correction regarding the School Improvement Plan. As reported by Mr. Littlefield at the recent School Council meeting, the 97-98 plan had been submitted to the superintendent last year but it was never passed along for review by the school board.

At a recent DLT/School Council Joint Meeting, the superintendent noted the Jr. High's plan as one of the best submitted. All councils were asked to review and/or revise theirs accordingly and resubmit them for review and submission to the school board in the near future.

Five funding requests were discussed and motions made, seconded, and passed. These included the following: (a) a request for \$200 from Gerald O'Malley for the Non-Users Club Party to be held on December 22nd; (b) a request for \$75 for five \$15 gift certificates from Barnes and Noble for the winners of an essay contest; (c) a request for up to \$75 for purchase of morning donuts and refreshments for teachers to be held on December 19th; (d) a request for \$250 from Paul Quinn for start-up monies for the school store that the Junior Achievement class will be running; and (e) up to \$400 to be used for funds needed for this year's yearbook.

Marc Costanzi reported that over \$1,000 in sales had been recorded during the recent Book Fair. Given that buy-one/get-one free, this meant over \$2,000 in books were purchased that would not otherwise have been. In addition, teachers were able to receive \$300 in books.

On behalf of the entire staff and student body of the Junior High School, Mr. Costanzi wished to extend his appreciation to the PTO and its volunteers for all their assistance in helping make this year's book fair a huge success. Those volunteers included Colleen Mutti, Karen Asta-Ferrero, Bernadette Waters, Debbie Davignon, Jan Lapins, Sue Hamlett, and Lesley Young.

John Burns provided an update on the \$100 donated for Junior High students to make toys for the Jr. Women's Club Holiday Baskets. With the help of teachers Kathy Doody, Dave Littlewood, Sue Brown, Jim Graveline, and John Burns, 24 music tapes of holiday music, 37 hand puppets, and 16 puppet show stages were created and given to the Jr. Women's Club for distribution to town children as part of their baskets.

The date of Friday, June 12, 1998 was selected for the Eighth Grade Celebration. The rules established for last year's celebration were reviewed and adopted. Funding for the event will be made up of ticket sales and PTO funds. A student committee will be formed later this spring to provide input into the celebration. Several members already have stepped forward to assist in the event.

The two recent holiday concerts were well received. One member asked how the donations at the door (can goods and \$2 per person) were used. Mr. Costanzi indicated that the can goods are collected and brought down to the Open Pantry. The donations at the door go to help refurbish the school music instruments, purchase music, and help defray a portion of the annual band trip.

Last year, funds were used to purchase new music stands which were needed due to the large increase of students in the band.

The topic of how the school administration deals with students who forget to bring bag lunch was raised. Mr. Costanzi indicated that he lends the child the money with the understanding that it will be repaid the next day. Each student who borrows is routinely placed on the next day after school detention list with him/her being excused if the money borrowed is repaid. This procedure seems to work well and he has never had a problem.

The meeting adjourned with the next regularly scheduled meeting of the PTO to be held on Monday, January 26, 1998 at 7:30 p.m. in the Junior High School cafeteria.

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For further information, please call STCC Continuing Education at 781-1315.

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You may register at Agawam High School from 5:30 p.m. to 7:30 p.m. only on Tuesday, January 27, pending seat availability.

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Sports

AHS Cheerleaders Invited To Compete At Myrtle Beach

by Kathy Cassanelli
News Editor

It's a dream come true for Agawam High School cheerleading Coach Kim Hebert and the 18 girls on the varsity cheerleading team.

The team has been chosen by the Cheer LTD. CANAM Advisory Board as one of the 300 top teams selected from over 100,000 cheerleading teams in the U.S. and Canada to receive an invitation to the prestigious 1998 Cheer LTD CANAM International Cheer and Dance Championship. The competition will be held on March 20th-23rd in Myrtle Beach, South Carolina.

Team co-captain **Michelle Kowalewski** said the team qualified for the nationals by submitting a videotape of the routine they performed at a spirit rally on Agawam Day and at the bonfire rally on the eve of the Thanksgiving Day football game between AHS and West Side.

"It's important for us to know the community is behind us," Michelle said. "We only have so much time, like every other teenager, and we put in the time showing our school spirit and showing that Agawam is a great town."

In her fourth year on the team, senior **Kadie Barrington** notes, "We've come a long way since freshman year when we didn't have the hopes of going to the state championship. The competition is good for us because all of life is a competition, like trying to get ahead and earn more money. This helps us be a better person."

Teaches Confidence & Teamwork

Senior **Sheree Cardin** agreed. "Thousands of people will be watching us at the nationals and that puts a lot of pressure on us. But, it teaches us to have confidence and to work as a team. We want to go out there and show people how hard we've worked."

Junior **Ella Atkins** put her finger on the reason why the team is willing to put in long hours of practice each week, perform at games and competitions, and make the spirit signs cheering on all the AHS athletes: "It's all in our hearts or we wouldn't work so hard to achieve our goals."

With no funding from the School Department for their trip to the national competition, the burden of raising the \$500 needed for each team member to go to South Carolina falls on the girls and their parent Booster Club. The team is hoping to raise a considerable portion of the money by hosting a statewide cheerleading competition at AHS on Saturday, February 14th.

"Right now, it all boils down to the finances," Ms. Hebert said. "All the parents have agreed to make up the balance which is a lot to ask, considering all they have to pay for over the course of the year."

In addition to charging a \$5 entrance fee to



THE AGAWAM HIGH SCHOOL VARSITY CHEERLEADERS have been invited to compete at the International Cheer and Dance Championship competition on March 20th-23rd in Myrtle Beach, South Carolina. Team members are, back row, from left - Jessica Forni, Aimee Piccin, Rachel Lara, Jenna Bodurtha, Kristin Ferguson, Ashley Guiel, Bianca Chase, Ashlee Lorraine, Lauren DeLuca, and Coach Kim Hebert. Front row - Kate Chmura, Michelle Heim, Lonnie DeLuca, Kadie Barrington, Michelle Kowalewski, Sheree Cardin, Ella Atkins, Michelle Beaudette, and Lauren Piccin. Advertiser News photo by Jack Devine.

spectators at the competition, the cheerleaders are selling businesscard-sized ads in the competition program for \$25. Besides contacting local businesses, the girls will be soliciting from businesses across the state as the event will attract teams and family members from all over the state.

As the hosts of the Valentine's Day competition, the AHS cheerleaders won't be competing. But, fans and supporters can see both the varsity and junior varsity teams in an exhibition performance combining cheers, dance, jumps, stunts, and tumbling beginning at 2:00 p.m. in the gym.

If you think you've seen what the cheerleaders can do when they perform their routines at athletic events, you haven't seen anything until you see their competition routines, according to Ms. Hebert.

"We can't do the incredible stuff at games because the girls need a fully matted surface for their competition routines," Ms. Hebert said.

Turning A Lackluster Program Into Champions

Both the girls and their coach agree the team has come a long way in the five years Ms. Hebert has been the varsity cheerleading coach. When she was hired to teach math at her alma mater five years ago, Ms. Hebert took on the daunting task of turning a lackluster program into a championship team.

In her first year coaching, Ms. Hebert's team finished 50 points out of first place on the Western Mass. Tournament. Last year, the AHS girls took home the Western Mass. Championship and finished in second place at the State Championship Tournament, losing to the perennial powerhouse Chicopee High School team by just 2½ points.

"When I was a cheerleader at AHS, we had an 'o.k.' program, but I always looked up to the

Chicopee team," Ms. Hebert said. "One of my goals on being hired was to work toward building a championship team."

Ms. Hebert credited consistency in coaching and the hard work put in by the girls for the team's success. And it doesn't hurt to have a squad of young women with a competitive spirit marked by the willingness to do what it takes to win.

In addition to performing their routines at one or two football, basketball, and soccer games each week over the fall and winter seasons, the girls practice once or twice each week and attend gymnastics classes once a week at the Tim Daggett Center during the school year. In the summer, they meet weekly for practice and attend a mandatory four-day summer camp with their coach.

"I let the girls know that gymnastics class and summer camp are not an option if they want to win," Ms. Hebert said. "They all agreed, not because they have to, but because they want to win competitions."

With changes in the rules governing cheerleading teams in Massachusetts under discussion at the statewide level, this year could be the AHS team's only chance to participate in a national competition. One of the proposals under consideration by the Massachusetts Secondary Schools Association would prohibit cheerleaders from entering national tournaments, according to Ms. Hebert.

A community fund has been set up at Westfield Savings Bank for anyone wishing to make a donation to help defray the costs of sending the varsity cheerleaders to the competition in South Carolina.

Checks can be made payable to Agawam Varsity/Nationals, c/o Casey Ferguson, Westfield Savings Bank, 655 Main Street, Agawam, MA 01001.



SENIOR CLASS MEMBERS of the Agawam High varsity cheerleading team, from left - Lonnie DeLuca, Kristin Ferguson, Michelle Kowalewski, Sheree Cardin, and Kadie Barrington. Advertiser News photo by Jack Devine.

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Brownie Wrestlers Flatten Minnechaug Falcons, 69-6

by Dave Rollins
Sports Editor

At times, it is difficult to tell if Agawam High School's wrestling foes are bad, or the Brownies just make them look that way.

Case in point. Last Saturday, the Brownies walloped visiting Minnechaug Regional, 69-6. Now, the Falcons have a satisfying history in the sport. But you never would have known it this time out. Agawam pinned them and pinned them again — here a pin, there a pin, everywhere a pin, pin. All that was missing was the cushion.

The Brownies started it out with **Dave Moore** pinning in the 103's with a tad over one minute gone in the first period.

Kevin Suffriti beat that time in the 114's. He flattened his opponent in just 12 seconds.

The 119's saw a good match. Agawam captain and All-Western Mass champion **Kevin McKay** went up against Konstantine Klistas. Klistas was pretty sure if he made the slightest mistake against the Brownie senior, the fat lady would sing. So, he wrestled defensively.

Halfway through the first period, neither wrestler went down. Finally, McKay got two points by gaining control. It stood at 2-0 after one. Klistas shot to start the second two minutes. He seemed to have McKay in a bit of trouble. But the cagey veteran pulled off a nice reversal for two more points. A Falcon point on an escape saw the score 4-1, Agawam after two periods.

McKay, now in control, took two points with 25 seconds gone in the third. He was leading when he'd had enough of Klistas's defensive shenanigans. McKay went for the pin with 57 seconds left. A big twist and superior strength got him the pin with 51 seconds left in the match.

Agawam suffered a small setback in the 125's. **Brian Chechile** lost, 8-1. The sophomore was down 2-0 after one and 6-0 after two periods. Chechile was never in this one, always wrestling from a disadvantage. His only point came on an escape with 10 seconds left.

The Brownies quickly got back on the winning track in the 130's. Junior **Chris Wayte** hardly broke a sweat, pinning his Falcon in a swift 19 seconds. At that point, the Brownies were up, 18-4.

The beat went on in the 137's. It took only 58 seconds for **Ryan Grealis** to produce a pin.

A "Crash Dive" For The Falcons...

By the time the 142's rolled around, the Falcons' wings were neatly clipped and in a crash dive. **Kevin Hill** got his pin at the 1:23 mark of the first period. The senior started his pinfall protocol with one minute gone. His Falcon foe fought mightily to get out from under, but the visitor from Minnechaug finally ran out of fight and succumbed.

Mark Engleman jumped way out front in the 145's. He had an 8-0 lead after the first period (on two points for control and three each on two near falls). Pat Rooney, wrestling down from his usual weight of 160, wasn't quick enough and paid for it by getting pinned by the Agawam junior with 28 seconds gone in the second period. The 42-3 Brownie lead was now insurmountable.

It was a tough fight for **Adam Blair** in the 154's. He met up with Falcon senior **Brett Hewitt**. There was no score after one period as both wrestlers were content to see what the other one had. It was a test of strength for 1:22 of the second half. Blair took a head butt and went down with a cut over his left eye.

Trainer **Dave Stratton** and the Agawam coaching staff did good job patching him up so he could continue. Blair was nearly pinned as the second period ended. His one point on an escape saw the score 3-1, Minnechaug going into the final two minutes.

Blair was trying for a pin with 30 seconds gone. But the Falcon was a tough bird and would not submit. Blair, however, managed three points for his efforts. He got another point on a reversal and three more on another near pin to take it, 8-3.

Agawam's **Lee Kunkler** suffered a heartbreaking loss to the Falcons' **Chris Hill** in the 162's, falling 9-5 after leading 5-4 with under a minute left. Kunkler had to come from behind for most of the match after being down 2-0 after one period and 4-0 midway through the second. The Brownie senior got two points on a takedown with 50 seconds left in the second. He managed two more on a short near fall with 25 seconds to go. After two, it was tied at four.

It was standup wrestling for half of the final two minutes. Kunkler was awarded a point on an illegal hold by Hill. All Kunkler had to do was wrestle out for the win. But a takedown and a near pin with under 10 seconds left gave Minnechaug a 9-5 victory.

Juniors **John Weinle** (171's) and **Justin Petrangelo** (175's) won on first-period pins of 1:54 and 1:57, respectively.

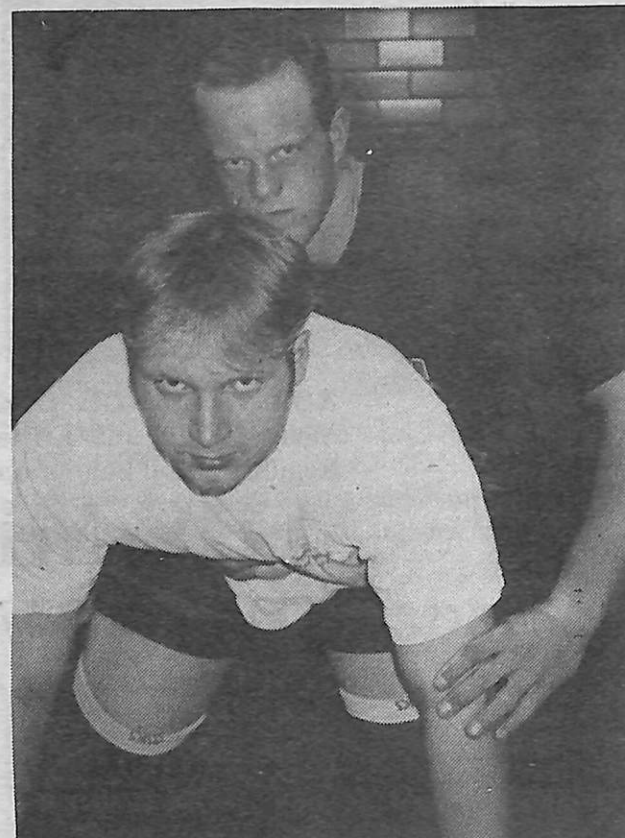
Crowd favorite and All-Western Mass champ **Darrell Malachowski** stalked onto the mat for the 215's. Showing perfect balance, the big redhead got two points on an early takedown. With 27 seconds left in the initial period, he went for the pin, getting it with 13.2 seconds left on the clock.

The Heavyweights: "The Match Of The Meet"...

Another crowd favorite, **Asbel Nunez**, was up in the heavyweights. The Brownie junior weighs in at 266 pounds. His opponent, **Jerry Johnson**, tipped the scales at 242. If you can help it, the mat is not a good place to be in this division. Both wrestlers

did a lot of ramming early on. It was obvious the faithful were right behind Nunez all the way. The first period ended in a 0-0 tie.

SEE WRESTLING - Page 32...



AGAWAM HIGH WRESTLERS DARRELL MALACHOWSKI (back) and George Graves work-out at a recent practice. Advertiser News photo by Dave Rollins.

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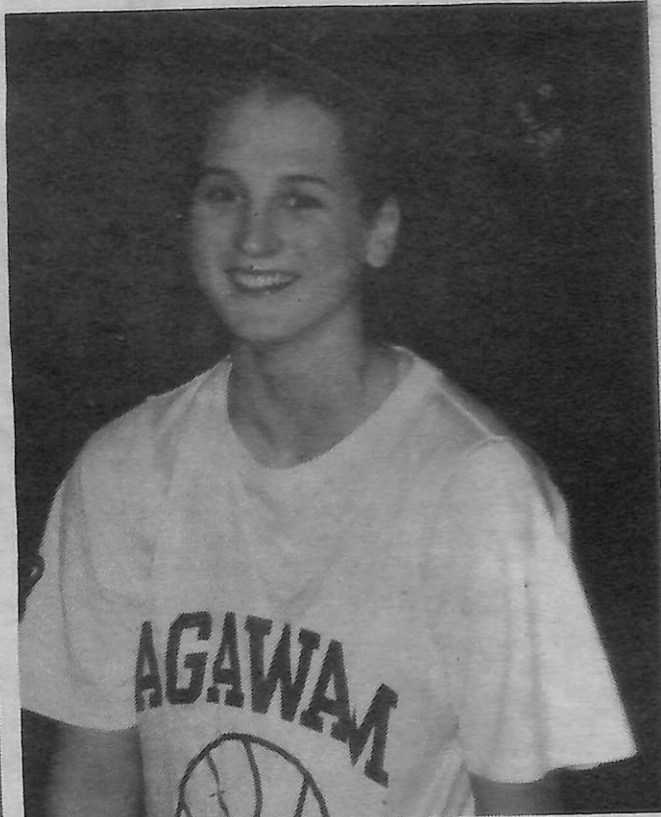
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AGAWAM HIGH GIRLS' VARSITY BASKETBALL STARTERS (from left) Pia-Bertone Gross, Melissa Cote, and Kristen Patterson are all looking forward to their big showdown with Minnechaug Regional High School on Monday, January 26th, in Wilbraham. Advertiser News photos by Dave Rollins.

AHS-Minnechaug Ready For First Huge WMass Showdown Of 1998

by Dave Rollins
Sports Editor

Next Monday night, January 26th, the most anticipated girls' basketball game of the Western Mass season will take place at Minnechaug High School.

That evening, the Western Mass and State champion (and nationally ranked) Falcons will host the Agawam Brownies (10-0 at presstime). "This is a big one. I've been getting phone calls about it all season. I would think a half-hour after they open the doors, the game will be sold out," Agawam girls' Coach Lou Conte noted.

His Brownies, who were Valley Wheel Co-Champions (along with Minnechaug) last season, have a great deal to prove going into this one. The Falcons beat the Brownies in two out of three contests last year, including the Western Mass finals, which ended up catapulting Minnechaug to the state title. "Yeah, we think about that game all the time," Brownie All-Western Mass senior point guard Kristen Patterson admitted. "We never should have lost it." AHS was up by 13 points with over seven minutes to go before the roof caved in and Minnechaug grabbed the Western Mass title, its first ever, in Division One.

The game Monday night will be the start of another run to the Western Mass title, which vir-

tually all observers feel will be contested by these two teams. "I've coached Barb Maloni, Pia Bertone-Gross, and Melissa Cote in the AAU's," new Falcon Coach Jim Girotti laughed. "I know how good they are. They'll be up for this one, for sure."

Patterson realizes this is a road trip, but also notes that in her four years with the Brownies, they have never lost at Minnechaug. "As a matter of fact, in my career, we've only lost to them twice," she noted. For the uninitiated, that means Agawam is 7-2 against the Falcons from 1994 to 1998. Minnechaug broke the ice versus AHS last February with an overtime win at Kibbe Gym to take a share of the league title.

Minnechaug - A Huge Team...

Minnechaug is a huge team. They have 6'4" center Maureen Leahy, 6'1" forward Crissy Girotti, and the brilliant, All-American senior forward, 6'1" Jillian Danker, in the front court. It's an intimidating trio. Complementing them will be guards Christal Murphy (5'8") and Melissa Kowalski (5'9"). Kowalski, now a sophomore, virtually took the championship game over down the stretch at the Civic Center by tossing in a pair of three-pointers after being silent for most of that

memorable game.

"Yeah, they're big. We'll have to box them out on the boards if we're going to have any success rebounding," Patterson admitted. Then she added, "We always work on our rebounding, though. We're good at it."

Conte isn't all that impressed with the Falcons' size. "We'll have to make sure our transition game clicks and our outside shots fall. And, we'll also have to take care of business on the boards."

As for Danker, she gives everyone fits. In their three meetings last season, she scored 26, 29, and 18 in the championship game at the Civic Cent. Girotti can't say enough about his Vanderbilt-bound star. "She can actually play every position on the floor, if it comes down to that. She is from an athletic family. Her sister, Sheila, was a star at Cathedral and played at Brown University."

Conte noted, "Jillian is a great player. But remember, she has two feet and two sneakers, just like everyone else."

SEE THE BIG GAME - Page 33...

WRESTLING - from Page 31...

Nunez went down early in the second period. The Falcon was trying to mash the Brownie's face into the mat. But Nunez wasn't intimidated. After the second two minutes, there was still no score.

Nunez took his man down to start the third. He strove to flip Johnson onto his back. It was heavy work and the crowd cheered the big guy on. Final-

ly, with under 15 seconds left, Nunez succeeded, pinning his man with 10.7 seconds left. It was the match of the meet.

Afterwards, Nunez noted that he knew time was running out. "I was sick of losing in the final seconds. I thought of my mom (Ivette) and my dad (Asbel Sr.). That gave me the strength to get the pin," the tired but happy heavyweight smiled.

Agawam's record rose to 7-1.

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Patterson Travels To Cincinnati To Collect All-American Award

by Dave Rollins
Sports Editor

The incomparable Kristen Patterson has a lot on her plate.

Last weekend, the Agawam High School senior jumped on a plane with her parents, Jack & Kathy Patterson, and streaked to Cincinnati.

Once there, she was awarded a certificate from the Soccer Coaches of America citing her as a High School All-American in that sport, a distinction given to only a precious select few.

"It was fun," she said of the hectic 26-hours on the road. "We had to get up at 4:30 in the morning to catch our flight. We got in Cincinnati for the 11:00 a.m. luncheon. Then we got back on the plane at nine that same evening and flew back here. I barely had time to sleep because we had basketball practice the next morning (Sunday)," she told us.

If that wasn't enough, on Sunday evening Patterson attended the prestigious Ludlow Lusitano Soccer Banquet. There, she received the trophy designating her as the 1997 Western Mass. "Division I Schoolgirl Soccer Player of the Year."

The huge trophy that Patterson received is hers for a year. "They already have it in the trophy case at the High School. It's there for a year before it's awarded to someone else (in 1999)," she said.

Patterson, who played striker for most of the

1997 season, led the Brownies to a quarter-final tournament berth after scoring 30 goals to lead all of Western Mass. in scoring. The 30 goals shattered the old school record of 25 held by another Patterson of soccer fame, her older sister, Karen (assistant varsity soccer coach and junior varsity basketball coach at AHS).

Last spring as the team's slick-fielding short-stop, she led the Brownies to the Division I softball tournament and was later named as the Division I "Softball Player of the Year." She terrorized opponents with her uncanny base-stealing ability, setting new schoolgirl standards in that department.

First on her mind these days is her familiar post as the point guard for undefeated AHS girls' basketball.

The locals face defending Western Mass. and State champion (and ninth ranked nationally) Minnechaug Regional in Wilbraham on Monday evening, January 26th. For a player with a well-known reputation for "hating to lose," watch the game face on her for this one.

Everyone who follows AHS girls' basketball knows the case history from the 1996-1997 season between these two teams.

Get there early.

THE BIG GAME - from Page 32...

Patterson Will Run The Show...

The kids who will have to match-up against the Falcons down low will be Bertone-Gross, Melissa Cote, and Amber Conte. But the person who will run the show is Patterson. She still broods about that Civic Center loss. "I played lousy in that one." (If 16 points, three threes, 5-7 from the line, and three boards can be considered a bad night.) She knows what she has to do this time out. "I'll have to lead the break, be alert for the open shooter, play tough defense, and rebound if we go

to a zone," she said.

One person she will feed is shooting guard Barbara Maloni. In Agawam's one win over Minnechaug last year, Maloni lit it up for 32 points. The frustrated Falcons, tired of her driving ways, fouled her repeatedly. The feisty Maloni made them pay for their rudeness by going 17-18 from the line. Maloni, of course, is one of the top girls' players in Western Mass.

It will all be there Monday evening in the wilds of Wilbraham — the two top girls' teams in Western Mass, with a ton of talent playing before a sell-out crowd. It won't get any better than that.

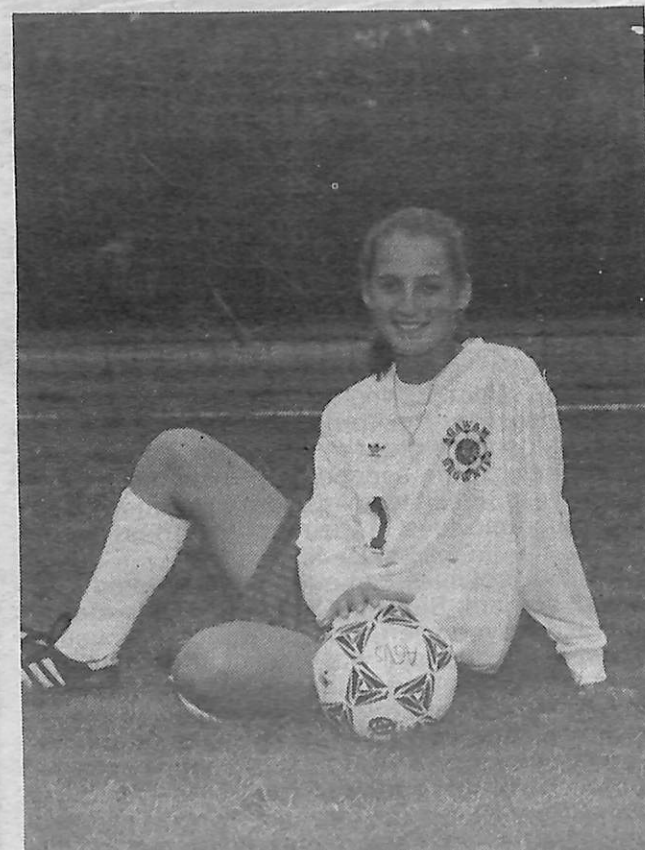
4H Horse Club Looking For Old Trophies To Be Refurbished

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For further information or pick-up, please call Janet Pohlman at 569-5948 or Bernice Rueli at 789-1512.



AGAWAM HIGH THREE-SPORT STAND-OUT KRISTEN PATTERSON received her All-American Certificate last weekend in Cincinnati from the Soccer Coaches of America.

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Great West Side Effort Still Results In 17-Point Loss To Conte's Gang

by Dave Rollins
Sports Editor

Lately, the storied rivalry between Agawam High and West Springfield has turned slightly sour (at least for the Terriers) in girls' hoop.

Last Monday night, the Brownie girls whipped up on them in the second half to secure a 61-44 win in West Side. It was Agawam's fourth win over their long-time foes in their last five tries, dating back to the 1995-96 season.

The 7-0 Brownies came in solidly favored over the 6-2 Terriers. But for a time, West Side stayed with and played even with the visitors. As usual, Agawam started out with their suffocating full court, trap press, and a withering man-to-man set-up when West Springfield had the ball.

The Terriers, well aware they could not match-up quick on quick, utilized a 2-1-2 zone, daring the Brownies to shoot over it. Which is just what Amber Conte (8 points, including two 3's) did. She drained a trey with one minute gone, to start the scoring.

It was obvious from the get-go that West Side was trying to work the ball to their bread and butter post-up player, 6'1" Colleen McCaffrey (22 points, 12 rebounds). They did. But the Brownies, in the form of 5'11" Melissa Cote's strong performance (8 points, 9 rebounds, 6 steals) coupled with the effort of 6' Pia Bertone-Gross (6 rebounds, a steal, a block) were waiting in ambush. Every ball McCaffrey put up was grimly contested by the doubling front court duo. It would end up taking its toll on the All-Western Mass. center. With 2:45 gone, Agawam was 4-5 from the field. The Terriers were 0-5. Agawam led, 13-6 at the 11:37 mark.

Terrier Zone Off Balance

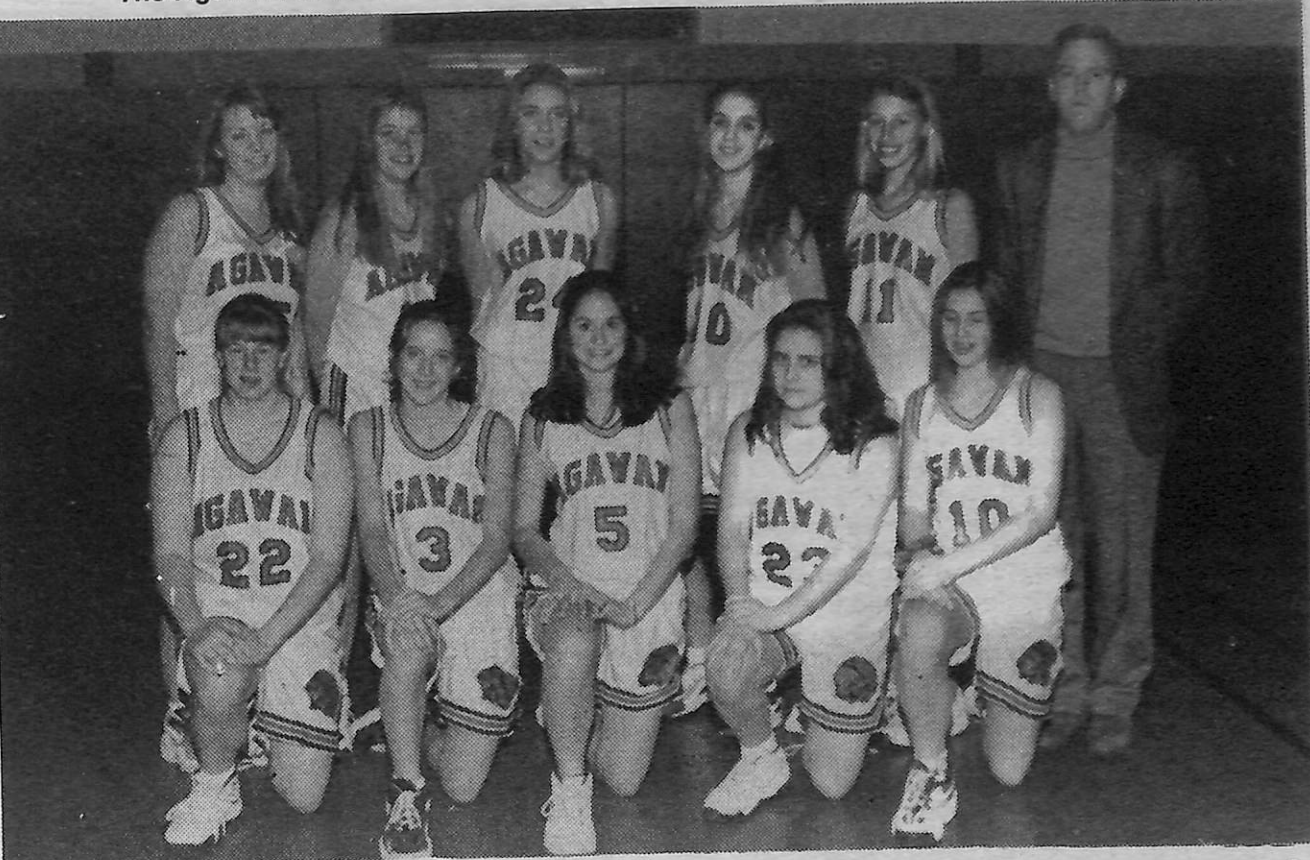
The Brownies, riding the deft passing of point guard Kristen Patterson, constantly kept the Terrier zone slightly off balance, opening up workable spaces underneath for Cote, Bertone-Gross, and Conte. The Brownies enjoyed a 19-8 margin with 5:52 off the clock.

But the Terriers, obviously over-matched by the press, didn't entertain any notion of quitting. Guard Becky Donahue (9 points), who can handle a basketball with the best of them, managed to push the ball up the floor, through the octopus-armed Brownie defenders. Her right wing pop from 15 feet out, with 3:06 to go, saw the Agawam lead shrink to 27-25. After the 17-4 West Side run, AHS was stone cold from the outside and committed a few costly turnovers.

The Brownies went up seconds later, 29-25 on a Barbara Maloni drive. Maloni, who has never met a lane she doesn't like, would score a season high 28 points. Her 14 first-half points, many on banzai drives, kept Agawam in it early on. McCaffrey hit two free throws to bring the Terriers within two, 29-27, with 1:30 to play.

A Real First-Half Battle

Conte, playing a hustling all-around game, hit her second three of the half at 1:25. On the ensuing play, she sank two from the line to put the Brownies up 34-29. West Side, still in the hunt, scored the final three points of the half on a free throw by Michelle McCaffrey and a deuce off an



GIRLS' VARSITY BASKETBALL COACH Lou Conte (right) is pictured with members of the school's 1997-1998 junior varsity team. Back row, from left - Kaitlin White, Pam Gervais, Sarah Lottermoser, Caitlyn Conte, and Jen Lyman. Front row - Elizabeth Stieg, Jill Gendron, Jessica Dutton, Jen Burke, and Keegan Clark. Missing - JV Coach Karen Patterson.

Advertiser News photo by Jack Devine.

offensive rebound by Colleen McCaffrey to make it 36-32, Agawam. Conte would say later of the first half battle, "They beat us every other way but on the scoreboard."

The first-half Brownies went 14-30 from the field (46 percent), including two three's and 6-6 from the stripe. West Springfield countered with 12-26 (46 percent) from the floor, plus a three. They hit seven of 11 (63 percent) from the line. Maloni's 14 points on 6-11 from the field and 2-2 in Charityville was the Agawam high in the first half. McCaffrey's 14 points, on a 5-8 performance and 4-5 from the line, was high for the Terriers.

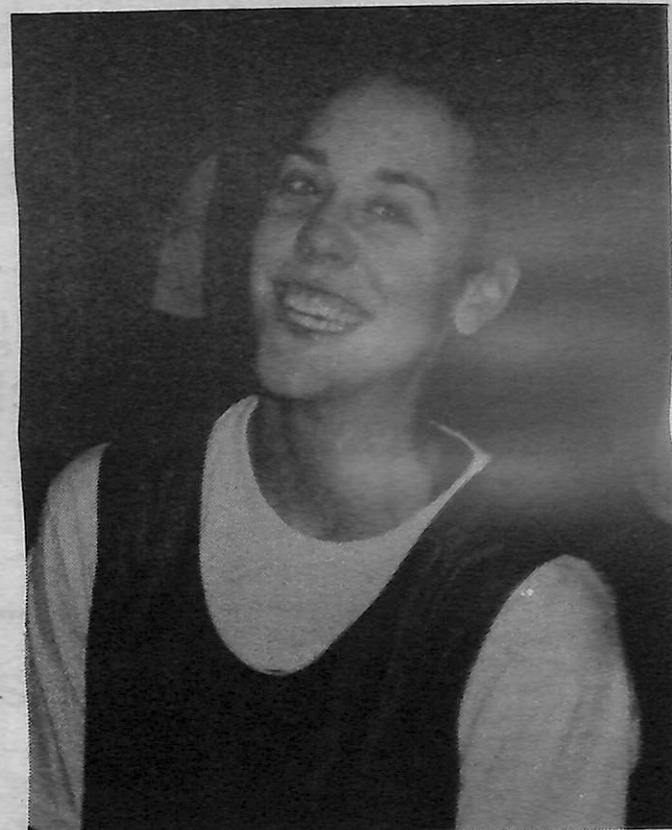
The second half saw Conte, who enjoyed his 203rd girls' varsity win in this one, demonstrate why he has risen to that lofty plateau. "We zoned up. We needed to get some more help down low to Melissa and Pia. They were working hard on McCaffrey. We wanted to deny her the ball as much as possible," he said.

It worked. With the help of Conte and forays into the melee by Maloni, Colleen scored only eight points in the second half, on 2-3 from the floor and 4-4 from the line.

Locals Go Up 40-34

A Patterson steal (she would have four on the evening) and a pinpoint pass to Maloni for a deuce put Agawam up 40-34 with 3:25 gone. West Side's first field goal of the second half with 5:40 off the clock made it 40-36, Agawam. At the 10:19 mark, neither team was up for a blue ribbon from the field. The Brownies were struggling at 2-9. The Terriers, bothered by the collapsing zone, were 2-6.

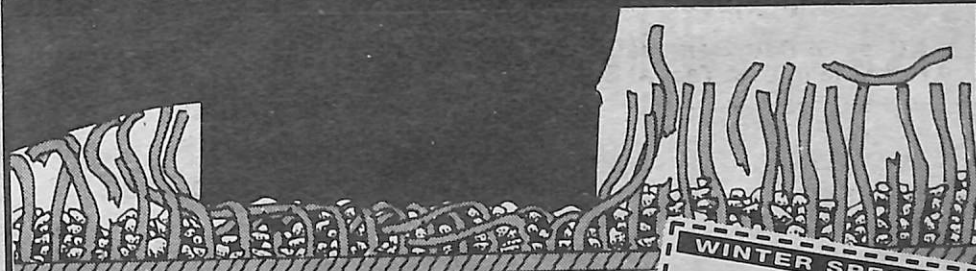
SEE BEAT WEST SIDE - Page 35...



BARBARA MALONI led all scorers with 28 points in Agawam's 61-44 victory over West Springfield on Monday night. Advertiser News photo by Jack Devine.

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Outdoors New England

by Kent Servis
Outdoor Writer

Ice Fishing Tips

Near the top of the checklist is a freshly sharpened auger or chisel. A few minutes of skilled sharpening can be the difference between an easy hole and a strenuous workout.

If you are using a power auger, try it out now. It's far better to discover a gummed up carburetor now, instead of finding out that the darn thing won't run on your first foray out on the ice.

Fishing structure is not confined to open water fishing. It is not only possible, but quite desirable to use your boat's fish finder when ice fishing. A few modifications are in order unless you have one of those battery operated units that are designed for portability.

If your sonar is not portable, fear not. Simply fabricate a mounting surface and haul along a tractor or motorcycle battery. Twelve volts are 12 volts, regardless of whether it says "Marine Battery" or not.

By placing the transducer in a puddle of water on the ice, you should be able to get a good picture of the bottom, and anything swimming between you and it. (HINT) Do not leave the transducer sitting in a puddle of water on the surface of the ice too long. If it is really cold, your transducer could become part of the ice itself. I prefer not to risk damage to the transducer by having to chisel it out of a block of ice.

Fish relate to structure in the winter, just as they do in the summer. By being able to quickly find the drop-offs, bars, and humps, you can fish more productively and minimize the number of holes that have to be drilled or chiseled.

LCR units will function quite well, but do not store them outside all winter long. Some manufacturers warn that damage to the liquid crystal screen can occur when exposed to long-term extreme cold.

WINTER COD TRIP BEING PLANNED

Last year's winter cod trip on the Lady Francis out of Galilee, Rhode Island was a success, and this year should be no different.

Enough of our readers showed up to make the trip a reality. This year, I will be planning another group outing with the Francis Fleet. The trip will take place in mid-February and plans will be announced in the column shortly.

"BOATING U.S.A." AT THE BIG E

One of the largest indoor power boat shows in the Northeast opened on Thursday, January 22nd at the Better Living Center at THE BIG E. The show will run through Sunday and will feature enough fishing rigs to satisfy every angler.

Everything from bass boats to offshore cruisers will be offered at special "Best Deal of the Year" pricing.

Even if you are not in the market for a new fishing rig this year, it helps to break up the winter doldrums. Besides, there is nothing like the aroma of brand spanking new fiberglass to really get one's glands going. It never hurts to dream.

AHS Girls' Ski Team Finishes First In Giant Slalom Race

On Tuesday, January 20th, the Agawam High School girls' ski team finished first in a Giant Slalom race. The team was paced by senior captain Jody Bulat, who finished second in division and fourth on the mountain with a time of 29.98.

Two other girls finished in the top 10: Camilla Ringvold finished fifth in division with a 33.40, and Laura Charest finished ninth in division with a 33.98.

The remaining varsity times were Almee Devall, 34.33; Angela Tassinari, 34.46; Jessica Ferris, 34.95; Michelle Clauson, 35.48, and Jen Thibodeau, 37.25.

The girls worked hard at practice this week, and it seems to be paying off. This first-place finish follows two second-place finishes, putting the team in first place overall.

On the junior varsity front, some very good times were turned in by Kerry St. Laurent, 35.69, and Caroline Scherpa, 35.82. Two other junior varsity racers, Janet Jock and Jen Pietroniro, met with some bad luck and didn't finish the race.

The next event for the ladies was scheduled for Thursday, January 22nd (presstime), and was a slalom race at Berkshire East.

JV & Freshman Basketball...

AHS Frosh & JV Hoop Scores

by Dave Rollins
Sports Editor

The Agawam junior varsity boys' basketball team lost to Chicopee, 62-52. Scott Harlin had nine points. Dave Federico chipped in with seven.

The freshman boys fell to the young Pacers by 13 points, 56-43. In that one, A.J. Martucci had 15 points and Adam Ellsworth contributed seven.

The JV girls beat West Side, 40-35. Kaitlin White and Elizabeth Stieg had 10 points apiece.

AHS BEAT WEST SIDE - from Page 34...

The Terriers' last gasp, before they were steamrolled 19-4 the rest of the way, came with 9:13 left. McCaffrey hit a deuce to pull her team to within two at 42-40. After that, Agawam pulled away. Not so much because they were playing stellar basketball, but more like the outcome would be decided on their relentless defense.

To illustrate, at one point during the AHS run, Amber Conte, fully stretched like a diver hitting the water, splattered herself on the floor after a loose ball. Shaken but not stirred, Conte bounced up and went about her business. You can't put a price tag on that kind of desire.

Agawam wasn't beating the world on offense. But their zone defensive setup was working. They say defense wins ball games. It did in this case. With 3:30 to go, Agawam was up 55-40 on 8-24 from the field. West Side could manage only 3-14. Both teams would end up 4-18 and 11-30, respectively, from the field in the second half.

Agawam went to 8-0. West Side fell to 6-3. The Brownies, at this writing, are 2-0 in the Valley Wheel. The Terriers are 0-2.

AGAWAM INDIVIDUAL STATS: MALONI - 28 points, 12-20 fgs (60 percent), 4-5 fts (80 percent) 2 off rebs, 2 def rebs; PATTERSON - 8 points, 3-11 fgs (27 percent), 2-2 fts, 4 steals, 2 off rebs, 6 def rebs, CONTE - 8 points, 2-7, two 3's (28 percent), 2-2 fts, 1 steal, 3 def rebs; COTE - 8 points, 4-5 fgs (80 percent); 4 off rebs, 5 def rebs, 6 steals; BERTONE-GROSS - 7 points, 3-7 fgs (42 percent), 1-1 fts, 3 off rebs, 3 def rebs, 1 steal; SHANNON - 2 points (1-4), 1 def reb.

AGAWAM TEAM STATS: 25-54 fgs including two 3's (46 percent), 9-10 fts (90 percent), rebounds - 33, 11 off, 22 def; turnovers - 10, points allowed off turnovers, 2.

WEST SPRINGFIELD TEAM STATS: 16-44 including a 3 (36 percent), 11-15 fts (73 percent); rebounds - 25, 8 off, 17 def; turnovers - 18, points allowed off turnovers, 12.

Kent Servis's weekly column, "Outdoors New England," is another reason why you turn our pages...

Agawam Little League Baseball Spring Sign-Ups

Saturday, February 7th

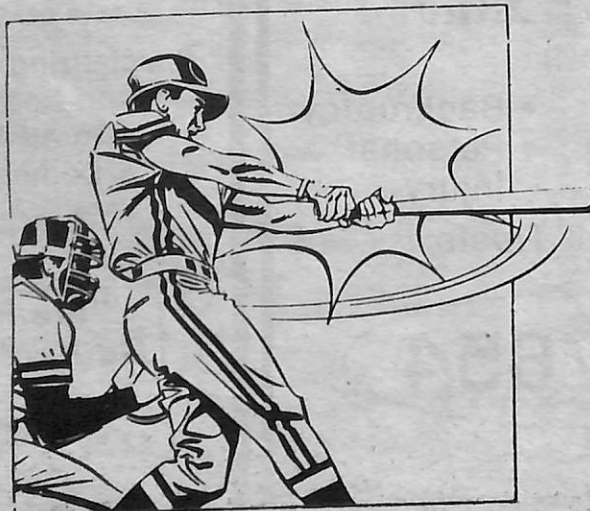
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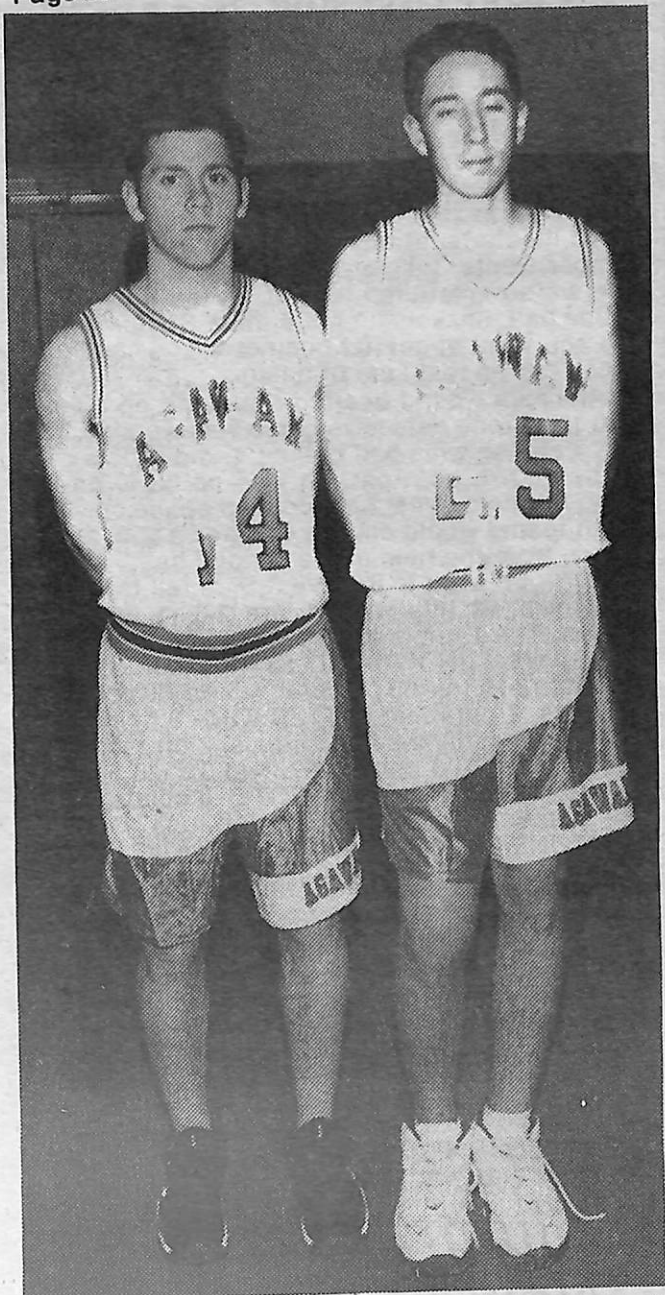
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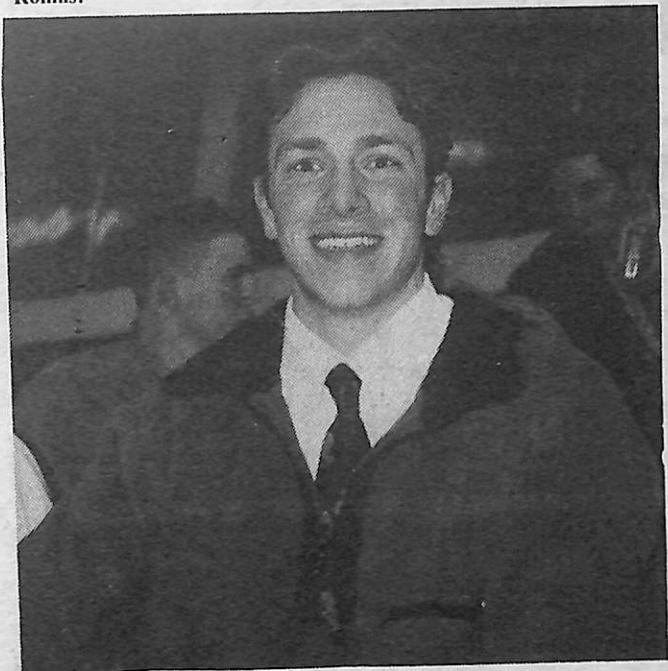
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IN TOP PHOTO, BRYAN O'QUINN and KEVIN CORNWELL are this year's boys' varsity basketball captains; in photo below, power forward Eric Melbourne has recovered from a painful sprained ankle sustained in the Thanksgiving Day football game vs. West Springfield. Top photo by Jack Devine; photo below by Dave Rollins.



THE 1997-1998 BOYS' BASKETBALL TEAM for Agawam High School: Eric Melbourne, Ryan White, Kevin Cornwell, Jeff Lyman, Jason Hanscom, Bryan O'Quinn, Shawn Anderson, Dave Strole, Marc Pedraza, Brian Gallagher, Matt Albano, and David Federico. Advertiser News photo by Jack Devine.

Chicopee Gives Brownies Fits In Schoolboy Hoop, 67-39

by Dave Rollins
Sports Editor

The Agawam High boys' basketball team lost to Chicopee High School Tuesday evening, 67-39, at Kibbe Gym. For a time, the Pacers, with their half-court offense, seemed suited to the Brownies' style, which is also of the half-court variety. "Yeah, they play it that way. Only tonight at least, they played it better," Brownie Coach Gary Grumoli sighed after seeing his team go down to their third straight defeat and sixth in their last seven games.

Agawam started out in a 2-1-2 defense. The Pacers were content with a combination of man-to-man and zone. That combo confused Agawam to some degree. With 3:13 gone, Chicopee was up, 11-2 on 6-7 shooting from the field. Senior guard Mikey Wray had every one of those points, including a three.

At the 10:17 mark, the Pacers led, 13-6. Their combination "D" and hot shooting (7-15), as opposed to Agawam's 3-10 effort, were starting to take their toll.

Chicopee, playing tight basketball, was forcing the Brownies to shoot with time running out on the clock. It was a situation that upset Agawam's timing. With 4:50 to go, Agawam was down, 23-11. Grumoli shook his head. "They were just shooting so much better than us."

The Pacers went on an 11-4 run as time wound down and went into the locker room with a comfortable 34-15 lead.

Agawam could manage only 5-20 from the floor in the first 16. Chicopee, not shy when they let it fly, recorded 14 field goals on 24 attempts. That total included four three-pointers.

The Pacers Increase Their Lead...

The Pacers weren't content with a 19-point lead, as they demonstrated in the second half (when the low post caught their fancy). It was time to give 6'3" senior center Andy Thornton (19 points) the ball. When the big man got the rock, he knew where to put it. Fourteen of his 15 second-half points came from down low on 7-10 shooting. "We tried to match up with them in a man defense, but the kid was just too strong," Grumoli noted.

The Brownies could find no one with a consistent touch on this evening. With 5:30 gone, they were 2-5 from the floor, while the Pacers (at 5-10) marched out to a 48-21 lead.

SEE BOYS' HOOP - Page 37...

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High School Hockey...

Brownies Lose Two In A Row At First Chicopee High Tournament

by Dave Rollins
Sports Editor

A line from an old Simon and Garfunkel song comes to mind as we ponder the current plight of the Agawam High hockey team: *"Just when you think you're cruisin' down the highway, it's all slip sliding away."*

The Brownies were riding a six-game win streak, which included two gut-check victories last week over two tough adversaries (5-3 against Amherst and 2-1 over Longmeadow). Indeed, they did seem to be cruisin' down the highway.

Last weekend at the First Annual Chicopee High Hockey Tournament, it began to slip slide away, by virtue of a 7-5 loss to the host Pacers on Sunday, and a 7-4 setback to Whitesboro High School from just outside Utica, New York, on Monday afternoon. "That Chicopee loss was a bad one. They're a Fay Division team, like us. We can't afford any losses in our division," Brownie Coach Fran Pycko growled.

The loss to Whitesboro, while not as bad, was still a loss and meant the Brownies were on a two-game skid, which is never good. It was a loss that probably should not have happened. Whitesboro has no claim to fame. Where they come from, they are not champions of anything — just a mean-and-potatoes high school team.

The hockey moms who came along to cheer on the team did admit, however, that "they're a good bunch of kids." In the rough-and-tumble world of Western Mass hockey, such as statement goes about as far as a whiffed slapshot.

The Brownies scored two quick goals on Whitesboro. The first, off the stick of Josh Sprague on assists by Brian Pagella and Jay

Malanson, came with 6:04 gone in the first period. The Brownies scored again with 3:50 to go on a Tony Kosinski wrist shot that sailed over the Warriors goalie's right shoulder. Greg Jubinville recorded the assist.

Whitesboro erased the lead with two scores 18 seconds apart. Agawam would never enjoy the lead again. The first period ended 2-2. The Brownies managed four shots on net. Whitesboro recorded nine.

Agawam came out strong to start the second period. Andy Radwanski and Tony LeClair both had good opportunities in the first minute, but came up empty. The Warriors, however, enjoyed some good fortune, scoring from the left point with 1:44 off the clock. The shot beat Brownie keeper Chris Hern to the glove side.

Agawam came right back two minutes later, tying it up at three when Rich Feeley punched home a rebound on assists by Pagella and Malanson. Whitesboro grabbed the lead back 33 seconds later, scoring off a screen to go up 4-3.

The Brownie Defenders' "Problem"...

That was the problem for the Brownie defenders all game long. They were letting the Warriors penetrate. Hern, who is an accomplished keeper, had no chance on most of the pucks that got by him.

At 10:53, the Brownies attacked. Radwanski, who has a big shot, was right on but got robbed by a glove save. Feeley and LeClair joined him, but neither could finish off their rushes. Whitesboro could and did, scoring at 9:50 to make it a 5-3 hockey game.

With 8:21 to go, Whitesboro had a powerplay after a Sprague hook. Pycko sent Austin Kimball, Dave Gusek, Radwanski, and Brian Gilhouley out to kill it, which they did. Agawam had a powerplay of its own at the 4:40 mark. Nothing came of it.

A minute-and-a-half later after Gusek (roughing) and the Warriors' Kyle Bostic (holding) got into it and went to the box, along with Whitesboro's Jeff Martin, Agawam went on a 4-3 powerplay but couldn't cash in.

The second period saw the Brownies in trouble on the low end of a 5-3 game. They had 10 shots on net. Whitesboro came in with five.

The Brownies got a quick powerplay with only six seconds gone in the third period. Their frustration continued as the Warrior penalty killers shut them down. Then, it was all Whitesboro. In the first four minutes of the period, they had four hard shots on the Agawam goal. Hern stopped all four cold.

Hern's gutsy performance pumped up the Brownie offense. They were enjoying a five on three advantage when Radwanski scored his 11th goal of the season with 8:22 to go, off assists by Malanson (his 3rd of the game) and Jubinville (his second). But the Brownies would score no more. They managed seven third-period shots for a game total of 21. Whitesboro had 11 for a total of 25.

The frustrating weekend saw them fall to 6-5. But more importantly, they went to 3-2 in the Fay Division, with a long list of division foes on the menu down the road.

For all the latest news in high school sports action, you turn our pages each and every week - ADVERTISER NEWS!!!



SENIOR MEMBERS OF THE AHS BOYS' BASKETBALL TEAM. Back row - Eric Melbourne, Ryan White, Jeff Lyman, and Kevin Cornwell. Front row - Jason Hanscom, Bryan O'Quinn, and Shawn Anderson. Advertiser News photo by Jack Devine.

BOYS' HOOP - from Page 36...

Agawam tried a semi full-court press as time ran out. But by then, they could only go through the motions. At this writing, the Brownies stand at 3-7 and 0-3 in the Valley Wheel. Chicopee went to 6-4 and 1-2 in the Wheel.

AGAWAM INDIVIDUAL STATS:

HANSCOM — 10 points, 4-11 fgs (36 percent), 2-3 fts (66 percent), 2 off rebs, 2 def rebs; STROLE — 9 points, 4-9 fgs (44 percent), 1-2 fts, 1 off reb; PEDRAZA — 6 points, 2-7 fgs (28 percent), 2-2 fts, 1 off reb, 3 def rebounds; LYMAN — 4 points, 2-2 fgs, 1 off reb, 5 def rebs; GALLAGHER — 3 points, 1-2 fgs, 1-2 fts, 1 off reb, 1 def reb; WHITE — 2 points, 1-3 fgs, 1 off reb, 1 def reb; ALBANO — 2 points, 1-2 fgs, 1 off reb, 1 def reb; MELBOURNE — 2 points, 0-4 fgs, 2-5 fts, 1 off reb, 1 def reb; O'QUINN — 1 point, 0-2 fgs, 1-2 fts.

AGAWAM TEAM STATS:

15-44 fgs (34 percent), 9-18 fts (50 percent), rebounds - 22, 9 off, 13 def, turnovers - 10, points allowed off turnovers - 6.

CHICOPEE TEAM STATS:

26-51 including 4 threes (50 percent), 5-5 fts, rebounds - 26, 6 off, 20 def, turnovers - 12, points allowed off turnovers - 4.

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Auto Racing Legends To Be Honored At Hall Of Fame Night

Modified legends Bill Slater and Bugs Stevens and former NASCAR Winston Cup Rookies of the Year Pete Hamilton and Ron Bouchard will be among the honorees at the New England Antique Racers (NEAR) Stock Car Hall of Fame Induction Dinner Sunday, February 1st at the Carriage House Banquet Hall in the Storowton Village on the grounds of The Big E in West Springfield.

Drivers Gene Bergin, Rene Charland, Ernie Gahan, and Ollie Silva will also be inducted. Drivers Ed Flemke and Richie Evans, promoter Harvey Tattersall, and the multi-talented Bill Welsh will be inducted posthumously.

Jack Arute, the award-winning ABC-TV broadcaster, will be the master of ceremonies for the dinner which begins at 12:00 noon with a social hour.

Mike Stefanik, the winner of both the NASCAR Modified and Busch Grand National North championships last season, CBS-TV announcer and Stock Car Racing Magazine editor Dr. Rick Berggren, and award-winning journalist Bones Bourcier are among the presenters. There will be ample time for autographs.

The 10 drivers represent over 1,500 wins, 18 national championships, and over 50 track championships. Tattersall's United Stock Car Club provided the sport with an early foundation while Welsh was a car owner/builder, promoter, and announcer over a long association with the sport.

"A truly outstanding cast," said NEAR President Al Fini. "This is the beginning of something many believe is long overdue. The response has been very positive."

Induction dinner tickets, at \$30 apiece, can be reserved singularly, in twos, or in tables of 10. Ticket reservations forms, which include menu choices, are available by writing Fini at Box 664, Agawam, MA 01001 or by calling (413) 786-1012 and leaving a message and return address on the machine.

The Induction Dinner will end a process that began a year ago when the NEAR Board of Directors approved the project. Nominations came from many sources. The 12 inductees were selected by a committee operating outside of NEAR and then approved by the NEAR Board of Directors.

The 12 state-of-the-art plaques will make up a traveling exhibit that will be shown throughout New England this summer.

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Riverside Park Speedway To Offer More Money Than Ever Before

Drivers competing this year at Riverside Park Speedway have a lot to strive for. Sponsorship and management support has pushed the total Point Fund to \$87,300. The 1997 Point Fund, the highest ever at Riverside Park prior to 1998, totaled \$75,001.

The NAPA Modified Division will split up \$31,300 among its top finishers, with the overall champion taking home \$10,000. The Serv-U Auto Supply Pro Stocks will race for \$22,000. The newly formed Teddy Bear Pools Truck Division has received tremendous support in the off season and \$20,000 will be distributed to its top drivers. Sportsman drivers will compete for \$8,000, the Super Stock and the Mini Stock Divisions will

each receive \$1,500 and the Daredevils of the Figure 8 Series will race for a total of \$3,000.

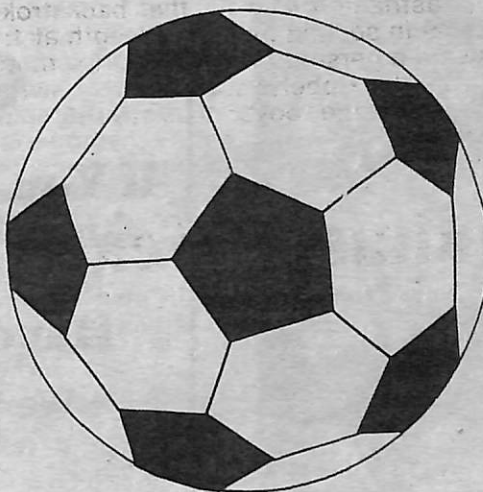
The top 15 drivers in each division will receive Point Fund money. In addition, the top 20 in each division will receive money from the NASCAR Winston Racing Series. "Our drivers work and we want to reward them," said Joe Lewandoski, Director of Auto Racing at Riverside Park.

"Our Point Fund is the number one weekly short track Point Fund in America, and it will only continue to increase in the coming years," said Lewandoski. Riverside Park Speedway opens its season March 28th-29th with the Spring Classic.

For more information, contact Jeremy Davidson at (800) 370-7488 or (413) 786-9300, ext. 3341.

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between 10/1/87 and 10/1/91 ONLY!
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\$85.00 Maximum per family**

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early April and ending in mid June**

**PVJSL Signups
LATE Signups for the Spring Pioneer Valley
Program will also be taken at this time. \$45/player.**

AHS Girls' Swimmers Take First Win; Boys Win 2nd Of Season Vs. East 'Hamp

by Dave Rollins
Sports Editor

The Agawam High girls' and boys' swimming teams both posted victories last Friday afternoon over visiting Easthampton. The 115-47 girls' win was their first of the season. The boys, with a 59-26 showing, grabbed their second first-place finish of the year. (They topped Turners Falls a week earlier, 22-21.)

The girls, swimming without two of their stars (Caitlin Weisgerber and Bridget Donovan), were not to be denied this day. "They're worked so hard all year. They deserved to win it," Brownie girls' Coach Beth Scofield smiled.

The girls started out in fine fashion. They had two teams entered in the 200 medley relay. Shaunessy Egan, Shannon Costa, Rachel Morris, and Brenna McGinn (in lane three) won it in a time of 2:16:41. Hilary King, Danielle DeForge, Kelly Robinson, and Rebecca Morytko (in lane five) took the third-place points in 2:17:44. The lane three team never trailed on its way to victory, as McGinn touched the wall with a three-length lead.

The boys had Charlie Roberts, Brendan Kilrain, Nate Adamski, and Matt Francis in the 200 MR. They were unopposed and swam against the clock, posting a time of 2:12:09.

The girls placed well in the 200 freestyle. Costa, ahead at every 25 meter mark, placed first at 2:16:65. Robinson, swimming well, was second to Shannon with a time of 2:16:75.

The boys again swam against the clock in this event. Roberts came in with a time of 2:33:56.

Agawam had three girls in the 200 IM: Morytko in lane three, Darcy Bates in lane five, and Lisa Niedziela in lane one. Morytko took third with a 4:49:60. Bates was fifth. Niedziela finished sixth.

Morytko was in a dead heat for the show spot and just edged out her Easthampton opponent by an arm's length.

Adamski swam alone for the Agawam boys in the 200 IM. His time was 2:32:20. At that point, the Brownie boys led 20-0.

McGinn took the 50 free for the girls. She never trailed in this sprint race, coming in with a time of 29:22. King, swimming in lane one, was third, clocking a 29:29.

Brendan Kilrain and Francis swam the 50 for the boys. Kilrain (a tall, six-foot senior) never trailed, coming in at 25:42.

In "Diving" Action...

The girls had no one in the diving competition. The boys entered Nate Adamski against Easthampton senior Jeff Ross. The Agawam

freshman had six dives on his agenda. His best was the forward dive out of a pike position. It carried a 1.3 degree of difficulty. He nailed it, scoring a 5.5, 6, and a 5.5.

He also showed well on his final effort, an inward dive from the pike position. It carried a 1.5 degree of difficulty. Adamski scored a 5.5, 5.5, and a 4. The Brownie ended up with 122 points; Ross finished first at 139:05.

After the diving, the Brownie girls led 39-22. The boys were up 33-12.

Costa, Morris, and Robinson went for the girls in the 100 fly. Costa came in on top at 1:15:81. Morris grabbed a third with a time of 1:15:97.

No Agawam boys took part in the fly.

Easthampton took the 100 freestyle on the girls' side. The boys had Francis up against a lone Easthampton swimmer. Francis had a half-pool length lead at the 50 meter mark; he won by the length of a pool in a time of 1:15:34.

The 500 free is a grueling endurance race. Shaunessy Egan had lane three. Rebecca Morytko was in lane five. Kate Gallagher swam in lane one. At the 200 meter mark, Easthampton had the lead. Egan was in third at the time. She started to come on at the 300 meter mark, took over second with 150 left, and finished that way in a time of 6:13:13. But there was a surprise. The Easthampton winner, Gail Dedy, was disqualified for wearing a watch (no jewelry, etc., can be worn in competition). So, Egan was bumped up to first. Morytko, who came in third with a personal best time of 7:17:10, went to second. Gallagher was fourth.

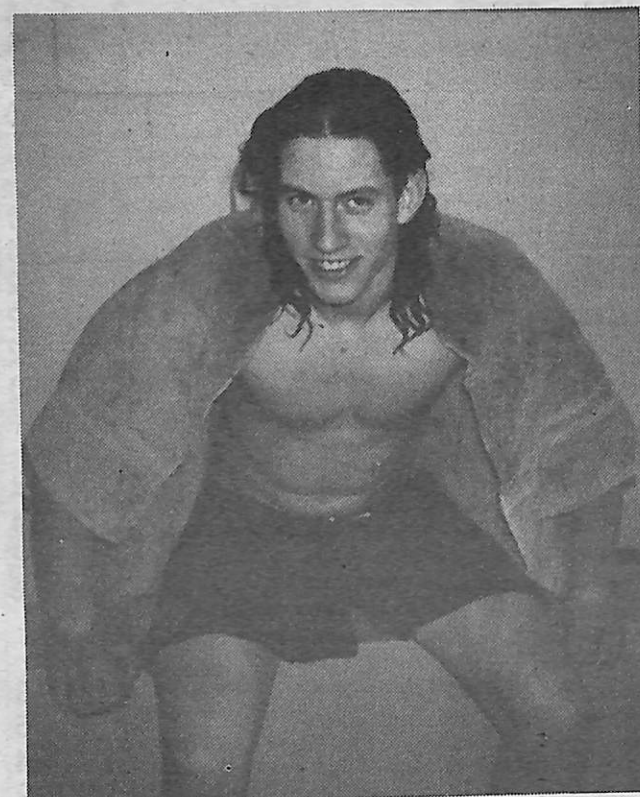
The Agawam boys were absent from the 500.

McGinn, Morris, Melissa Sparver, and Robinson drew lane three, and Sarah Bates, Lauren Kunkler, Darcy Bates, and DeFore were in lane five in the 200 relay. There were no Easthampton entrants, so it was a Brownie battle all the way. The kids in lane three beat lane five, 2:09:43 to 2:09:53.

The boys had all four of their kids in the 200 RL: Francis, Adamski, Roberts, and Kilrain on the anchor leg. They placed first in 1:54:28. They swam unopposed.

Easthampton won the backstroke. McGinn came in second by a hand length at 1:14:93. Egan swam a personal best 1:17:23 for third place.

Charlie Roberts was the only swimmer in the pool for the boys' backstroke. His time was 1:12:31.



THE CAPED CRUSADER is none other than Agawam High swimmer Brendan Kilrain. Advertiser News photo by Dave Rollins.

AHS Girls Swept 100 Breaststroke...

The Agawam girls swept the 100 breaststroke. DeForge was first by five lengths at 1:25:38. Sparver came in second with a 1:25:40. Sarah Bates placed third in 1:25:60.

Kilrain took a first in the boys' breaststroke with a time of 1:17:25.

The Brownie girls finished off in fine fashion. Costa, Sparver, Morytko, and Egan won it by 15 lengths in a time of 4:40:44. Sarah Bates, Kunkler, Darcy Bates, and King finished third, clocking a 5:40:54.

The girls' record went to 1-6 and 1-1 in the B Division. The boys rose to 2-5 and 2-0 in the B Division.

Agawam Piranhas Defeat Chicopee, 477-430

The Agawam Piranhas swim team won against the Chicopee team by a score of 477-430 on January 10, 1998 at the Agawam Junior High School. The results included:

Girls 8 & Under:

The team of Taryn Dooley, Caitlin Hurley, Julie Gorman, and Stephanie Scavotto placed second in the 100-yard medley relay. Julie Gorman, first in 100-yard individual medley. Stephanie Scavotto, second in 25-yard freestyle. Taryn Dooley, first in 25-yard butterfly. Julie Gorman, first in 50-yard freestyle. Taryn Dooley, second in 25-yard backstroke. Caitlin Hurley, first, and Stephanie Scavotto, third in 25-yard breaststroke.

Boys 8 & Under:

Shaun Bruso, first in 100-yard individual medley. The team of Zachary Demers, Anthony Lee, Adam Deliefde, and Shaun Bruso placed first in the 100-yard freestyle relay.

Zachary Demers, first, and Andrew Ardolino, third in 25-yard freestyle. Adam Deliefde, first in 25-yard butterfly. Zachary Demers, first, and Anthony Lee, second in 50-yard freestyle. Shaun Bruso, first in 25-yard backstroke. Adam Deliefde, first, and Andrew Ardolino, third in 25-yard breaststroke.

Girls 9-10:

The team of Tammy Gorman, Jessica Lalli, Johannah Kos, and Kelly Follis placed first in the 200-yard medley relay.

Kaitlin Bond, second, and Tammy Gorman, third in 100-yard individual medley. The team of Kaitlin Bond, Lindsay Brennan, Jennifer Clark, and Tammy Gorman placed second in the 200-yard freestyle relay. Jessica Lalli, first in 50-yard freestyle. Johannah Kos, first in 50-yard butterfly. Johannah Kos, first, and Jessica Lalli, second in 100-yard freestyle. Jennifer Clark, third in 50-yard backstroke. Kelly Follis, second, and Kaitlin Bond, third in 50-yard breaststroke.

Boys 9-10:

The team of Erik Deliefde, Alan Gallerani, Jeffrey Lagasse, and Matthew Styckiewicz placed se-

cond in the 200-yard medley relay.

Erik Deliefde, first in 100-yard individual medley. The team of Anthony Ardolino, William Barker III, Connor Dooley, and Daniel Serna placed second in the 200-yard freestyle relay. Jeffrey Lagasse, second in 50-yard freestyle.

Connor Dooley, second, and Alan Gallerani, third in 50-yard butterfly. Jeffrey Lagasse, first, and Matthew Styckiewicz, third in 100-yard freestyle. Erik Deliefde, first in 50-yard backstroke. Anthony Ardolino, third in 50-yard breaststroke.

Girls 11-12:

The team of Brittany Theriaque, Lindsay Carey, Jillian Kos, and Allison Morris placed first in the 200-yard medley relay; and the team of Abriana Spagnoli, Rebecca Carey, Katie Gorman, and Angela Vinton placed second.

Jillian Kos, first, and Angela Vinton, third in 200-yard individual medley. Brittany Theriaque, first, and Allison Morris, second in 200-yard freestyle. Elizabeth Couture, third in 50-yard freestyle. Katie Gorman, second, and Allison Morris, third in 50-yard butterfly.

Lindsay Carey, first in 100-yard freestyle. Brittany Theriaque, second, and Katie Gorman, third in 50-yard backstroke. Jillian Kos, first, and Rebecca Carey, third in 50-yard breaststroke. The team of Elizabeth Couture, Angela Vinton, Abriana Spagnoli, and Rebecca Carey placed second in the 200-yard freestyle relay.

Boys 11-12:

The team of Kyle Henry, David Torrey, Thomas Gorman, and Matthew Gendron placed first in the 200-yard medley relay.

Kyle Sullivan, second, and Phillip Prouty, third in 200-yard individual medley. Daniel Adamski, first, and Thomas Gorman, second in 200-yard freestyle. Phillip Prouty, first, and David Torrey, third in 50-yard freestyle.

Phillip Prouty, first, and David Torrey, third in 50-yard freestyle. Paul Lagasse, second, and Thomas Gorman, third in 50-yard butterfly. Kyle

Sullivan, first, and Michael Lalli, third in 50-yard backstroke. Daniel Adamski, first, and Michael Lalli, third in 50-yard backstroke. Paul Lagasse, second, and David Torrey, third in 50-yard breaststroke.

The team of Paul Lagasse, Phillip Prouty, Daniel Adamski, and Kyle Sullivan placed first in the 200-yard freestyle relay.

Girls 13-14:

The team of Kimberly Chmura, Amanda Boissonneault, Hilary Golas, and Kyleigh Egan placed first in the 200-yard medley relay; and the team of Jennifer Grimaldi, Renee Couture, Ashley King, and Kristine Archambault placed second.

Hilary Golas, first in 200-yard individual medley. Rebecca Morytko, second in 200-yard freestyle. Kyleigh Egan, second in 50-yard freestyle. Hilary Golas, first, and Jennifer Grimaldi, third in 100-yard butterfly.

Kimberly Chmura, second, and Daveen Macsata, third in 100-yard freestyle. Rebecca Morytko, third in 100-yard backstroke. Amanda Boissonneault, second in 100-yard breaststroke. The team of Kimberly Chmura, Daveen Macsata, Kyleigh Egan, and Rebecca Morytko placed second in the 200-yard freestyle relay.

Boys 13-14:

The team of Kevin Grimaldi, Michael Follis, Nathan Adamski, and Jason St. George placed first in the 200-yard medley relay.

Nathan Adamski, first in 200-yard freestyle. Jason St. George, first, and Michael Follis, second in 50-yard freestyle. Kevin Grimaldi, first in 100-yard freestyle. Nathan Adamski, first, and Kevin Grimaldi, third in 100-yard backstroke. Michael Follis, second in 100-yard breaststroke.

Girls 15-18:

Hilary King, first in 200-yard freestyle. Hilary King, second in 50-yard freestyle.

Boys 15-18:

Matthew Francis, third in 50-yard freestyle. Matthew Francis, second in 100-yard freestyle.

Games & Lanes

Indoor Soccer Leagues

2nd Session

(As Of 1/18/98)

U-9 BOYS	W	L	P
Westfield (Collins)	3	0	6
Mt. Carmel	2	1	4
Holyoke S.C.	2	2	4
Bruno Antico	2	2	4
Westfield (Danner)	0	4	0
U-10 BOYS			
Westfield Strikers	3	0	6
Vipers	2	1	4
Longmeadow	1	1	2
Avalanche	1	1	2
West Side	1	2	2
Westfield (Pierce)	0	3	0
U-10 GIRLS			
Whip's Wildcats	2	1	4
Strikers	2	1	4
Voyagers	1	2	2
Westfield Whips	1	2	2
U-12 GIRLS			
Ludlow Blue Devils	4	0	8
Holy Cross Panthers	3	1	6
Luigi's No. 2	2	1	4
Luigi's No. 1	1	2	2
Holyoke	0	3	0
East Side	0	3	0
U-14 GIRLS			
Our Lady of Hope	3	0	6
Westfield	2	1	4
Holyoke Flames	1	2	3
South Hadley	0	3	1
U13/U14 BOYS			
Rockets	2	0	5
Westfield Whips	2	1	5
Dynamos	2	1	4
Trexler	0	4	0
FRESHMEN BOYS			
Valley S.C.	3	0	6
Southwick	2	1	4
Agawam	1	2	2
Springfield	0	3	0
HIGH SCHOOL GIRLS			
Holyoke	3	0	6
Agawam (Shaw)	1	2	2
Agawam (Marsili)	1	2	2
West Side	1	2	2
HIGH SCHOOL BOYS			
Holyoke S.C. No. 1	3	0	6
Agawam	3	1	6
Holyoke S.C. No. 2	1	1	3
Westfield Berzerkers	1	3	2
Valley S.C.	0	3	1

Soccer Association Holds Sign-Ups



THE AGAWAM SOCCER ASSOCIATION on January 10th at the Middle School held another sign-up for the upcoming spring season. Back row - Jeff Rousseau and Glenn Olson. Front row - Michael Fournier, Bob Rousseau, and Valerie Douglas. Advertiser News photo by Jack Devine.

Final Sign-Ups For SHAA Baseball/Softball



THE SACRED HEART ATHLETIC ASSOCIATION held its final sign-ups for the 1998 baseball/softball season on Saturday and Sunday, January 18th and 19th. Pictured are Lou Massoia, Laurie Littlefield, Kyle Perry, Fred Perry, Chris Gilbert, Norm Gilbert, and Brian Regnier. Advertiser News photo by Jack Devine.

Soccer Association Signing-Up For New Co-Ed League

Due to its demand, the Agawam Soccer Association is pleased to announce a new spring soccer program for boys and girls born between October 1, 1987 and October 1, 1991.

Depending upon the number of signups, either separate boys/girls teams/divisions or coed teams will be formed. The program is designed to give boys and girls the opportunity to play soccer in the spring in an In-Town format.

The league will hold all games only on Sunday afternoons. FINAL soccer signups for the Spring Soccer season for BOTH the new In-Town and Pioneer Valley will be held on Saturday, January 10th at the Middle School from 10:00 a.m.-2:00 p.m. Anyone missing this signup will be subject to an additional \$10 late fee per player.

The Agawam Soccer Association is the premier soccer club in the town of Agawam currently sponsoring over 28 teams in the Pioneer Valley Junior Soccer League. We have boys' and girls' teams in all age groups from U9 to U17. In addition, the Agawam Soccer Organization provides

the structure for over 1,100 boys and girls in the town of Agawam to play recreational soccer through our organized In-Town program.

Many of the best high school players are past graduates of the Agawam Soccer Association's programs. We sponsor several area scholarships for those children going on to college and frequently have the Agawam High School players and coaches participate in practices and scrimmages for all of our players.

As of last season, the Agawam Soccer Association has begun a development program for all the coaches and assistant coaches in order to improve their skills, teaching abilities, first aid knowledge, and knowledge of the game. This enables our coaches to provide first-rate training to all of Agawam's youth soccer players.

Each season provides several sessions for the coaches to improve their skills with experts such as Ken Fever, Soccer Majic, Dwight Northup, Agawam High School, and Jim Rudi, UMass Women's soccer putting on training camps for our coaches and players.

In addition, the Association is sponsoring a "D" level course which will allow our coaches to receive soccer coaching licenses as granted by the MYSA. This year, all Pioneer Valley coaches are required to receive their licenses in order to continue coaching in the league.

Two courses are being offered, both held here in Agawam on February 21st and March 7th. As both are filling up rapidly, please call Al Corbin at 789-1373. Please note that although anyone is eligible to sign up for these courses, current coaches for Agawam Soccer will be given preference over others.

All of this hard work has benefited many young soccer players in the town of Agawam and as Dwight Northup, Agawam High School Boys' Coach, remarked, "Some of the best area players in high school are coming out of Agawam, and have been in the Agawam Soccer Association program for several years. This program is a good way to start a solid soccer career!"

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FOR SALE: 1974 Mercedes Benz 4 dr. sedan. 6 cylinder, gas, P/W, P/L, A/C, p. moon roof, leather seats. Runs; needs TLC. \$800 or best offer. (413) 786-8736.

FOR SALE: Whirlpool electric dryer. Six years old. Great condition. \$200. Call 789-3768.

FOR SALE: 1989 Plymouth Voyager - \$2,895; 1988 Taurus Wagon - \$1,895. Both in excellent condition. Call Frank at 786-9914.

FOR SALE: 1987 Honda Civic. \$2,200. A/T, air, new tires, front brakes, exhaust; IBM comp. 386. B.O. Call 786-7734. Leave message.

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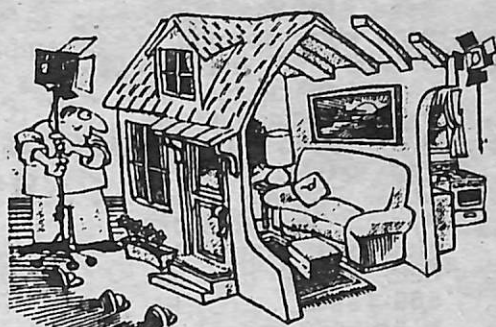
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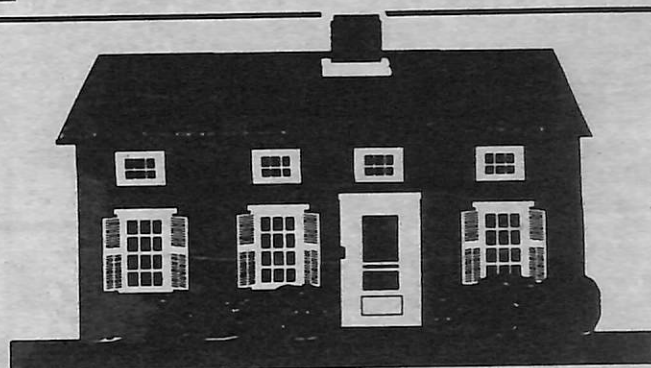
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